



Basic Pumpkin Muffins

 Vegetarian

READY IN



38 min.

SERVINGS



12

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 teaspoons cinnamon
- ☐ 2 large eggs
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 6.8 oz stirred and aerated flour white all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup brown sugar light

- ☐ 7.5 ounces libby's pumpkin (half a can)
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons butter unsalted salted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 6 tablespoons vegetable oil

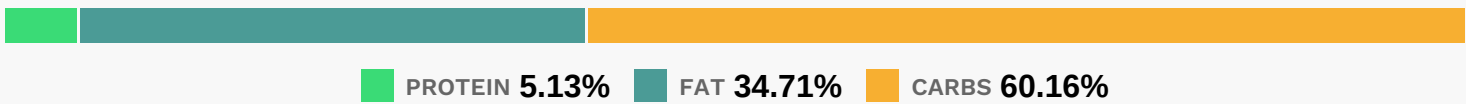
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 375 degrees F. You will be reducing the heat when you put the muffins in, but for this recipe you start them in a hot oven.Line 12 muffin cups with paper liners.In a small bowl, mix together the flour, sugar and cinnamon.
- ☐ Add the butter and cut it in with your fingers or a fork until crumbly. Put in the refrigerator until ready to use.In a medium size bowl, whisk together the flour, salt, baking soda, baking powder, cinnamon and pumpkin pie spice.In a mixing bowl, whisk together the eggs, sugar, brown sugar, pumpkin, oil and vanilla extract.
- ☐ Add the flour mixture to the pumpkin mixture and stir with a mixing spoon until blended.Divide the batter evenly among the 12 muffin cups.
- ☐ Remove topping from refrigerator and crumble it over the muffins, distributing evenly.Put muffins on the center rack in the hot oven. Close the door.Reduce heat to 350 degrees F. and bake for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:32.42, Glycemic Load:22.22, Inflammation Score:-8, Nutrition Score:6.3452173730601%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg

Nutrients (% of daily need)

Calories: 236.77kcal (11.84%), Fat: 9.28g (14.28%), Saturated Fat: 2.25g (14.03%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 35.47g (12.9%), Sugar: 21.69g (24.1%), Cholesterol: 34.76mg (11.59%), Sodium: 191.96mg (8.35%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.09g (6.18%), Vitamin A: 1598.28IU (31.97%), Selenium: 8.78µg (12.55%), Vitamin K: 13.03µg (12.41%), Manganese: 0.22mg (10.96%), Vitamin B1: 0.15mg (10.06%), Folate: 39.16µg (9.79%), Vitamin B2: 0.15mg (8.76%), Iron: 1.24mg (6.89%), Vitamin E: 0.89mg (5.94%), Vitamin B3: 1.17mg (5.83%), Phosphorus: 51.61mg (5.16%), Calcium: 38.73mg (3.87%), Copper: 0.06mg (2.97%), Fiber: 0.72g (2.89%), Potassium: 99.97mg (2.86%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.3mg (2.01%), Vitamin C: 1.64mg (1.99%), Magnesium: 7.94mg (1.99%), Vitamin B6: 0.04mg (1.79%), Vitamin D: 0.19µg (1.29%), Vitamin B12: 0.08µg (1.29%)