



Candied Pecan Sweet Potato Muffins

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups flour all-purpose
- 0.8 cup sugar
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon orange zest grated
- 0.5 teaspoon ground ginger
- 0.5 teaspoon salt
- 0.3 teaspoon nutmeg

- 16 oz sweet potatoes and into mashed drained canned
- 0.3 cup butter melted
- 2 teaspoons vanilla
- 1 eggs
- 0.5 cup candied pecans coarsely chopped

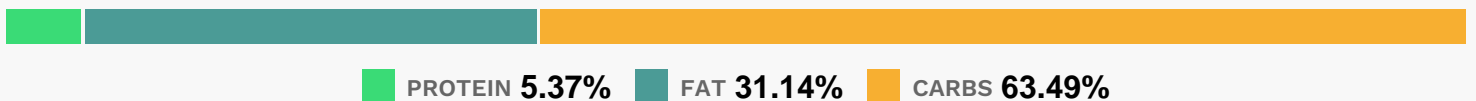
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups; spray paper cups with cooking spray.
- In large bowl, mix flour, sugar, baking powder, baking soda, orange peel, ginger, salt and nutmeg. Stir in mashed sweet potatoes, butter, vanilla and egg. Divide batter among muffin cups.
- Sprinkle evenly with pecans.
- Bake 24 to 26 minutes or until toothpick inserted in center comes out clean.
- Remove from pan to cooling rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:21.2, Inflammation Score:-10, Nutrition Score:8.89478260797%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.86kcal (10.79%), Fat: 7.49g (11.52%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 32.6g (11.85%), Sugar: 15.88g (17.64%), Cholesterol: 13.64mg (4.55%), Sodium: 327.76mg (14.25%), Alcohol: 0.23g (100%), Alcohol %: 0.35% (100%), Protein: 2.91g (5.81%), Vitamin A: 5608.71IU (112.17%), Manganese: 0.24mg (11.82%), Vitamin B1: 0.15mg (10.31%), Selenium: 6.77µg (9.68%), Folate: 34.63µg (8.66%), Vitamin B2: 0.12mg (7.22%), Fiber: 1.76g (7.04%), Iron: 1.14mg (6.35%), Vitamin B3: 1.15mg (5.75%), Phosphorus: 50.96mg (5.1%), Vitamin B6: 0.09mg (4.69%), Potassium: 154.73mg (4.42%), Vitamin B5: 0.43mg (4.34%), Copper: 0.08mg (4.23%), Calcium: 41.18mg (4.12%), Magnesium: 13.98mg (3.5%), Vitamin E: 0.34mg (2.28%), Zinc: 0.28mg (1.84%), Vitamin C: 1.15mg (1.39%)