



Chocolate Chip-Pumpkin Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tsp double-acting baking powder
- 2 tsp baking soda
- 16 oz pumpkin canned
- 1 tsp cinnamon
- 4 eggs
- 3 cups flour
- 1.5 cups oil
- 1 tsp salt

- 2 cups baker's semi-sweet chocolate chunks
- 2 cups sugar

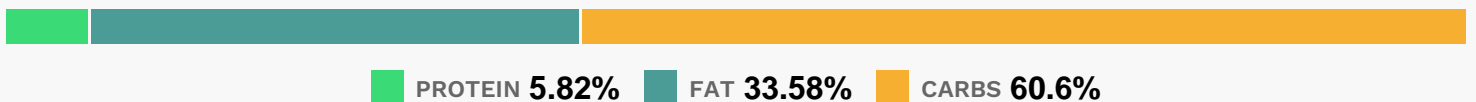
Equipment

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

Directions

- PREHEAT oven to 350F.
- BEAT eggs, sugar, pumpkin and oil until smooth in a large bowl. In a second bowl, combine flour, baking soda, baking powder, cinnamon and salt.
- Add dry mixture to pumpkin mixture and mix well. Fold in chocolate chips.
- FILL greased or paper-lined muffin cups full.
- BAKE for 16 - 20 minutes or until muffins test done.
- COOL in pan 10 minutes before removing to a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.07, Glycemic Load:16.29, Inflammation Score:-9, Nutrition Score:7.0517391070076%

Nutrients (% of daily need)

Calories: 198.09kcal (9.9%), Fat: 7.48g (11.5%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 28.6g (10.4%), Sugar: 18.15g (20.16%), Cholesterol: 22.52mg (7.51%), Sodium: 204.57mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.03mg (3.34%), Protein: 2.91g (5.83%), Vitamin A: 2390.85IU (47.82%), Manganese: 0.28mg (14%), Selenium: 7.16µg (10.23%), Iron: 1.68mg (9.32%), Copper: 0.19mg (9.27%), Vitamin B1: 0.11mg (7.19%), Fiber: 1.76g (7.02%), Magnesium: 27.6mg (6.9%), Folate: 27.45µg (6.86%), Phosphorus: 67.52mg (6.75%), Vitamin B2: 0.1mg (6.18%), Vitamin K: 4.94µg (4.7%), Vitamin E: 0.69mg (4.61%), Vitamin B3:

0.9mg (4.48%), Calcium: 35.39mg (3.54%), Potassium: 119.49mg (3.41%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.24mg (2.4%), Vitamin B6: 0.03mg (1.4%), Vitamin B12: 0.07µg (1.22%)