



Cream Cheese Filled Pumpkin Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon baking soda
- 4 ounces cream cheese
- 1 cup t brown sugar dark packed
- 2 eggs
- 1.5 cups flour all-purpose
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground cardamom
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 15 ounce pumpkin cooked canned
- 1 teaspoon pumpkin pie spice
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- hand mixer
- muffin liners

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- Stir the flour, cinnamon, nutmeg, allspice, cloves, pumpkin pie spice, cardamom, ginger, salt, and baking soda together in a bowl.
- Beat the brown sugar and the eggs together with an electric mixer in a large bowl until smooth.
- Add all the vegetable oil and the pumpkin; continue beating until integrated.
- Pour the flour mixture into the egg mixture and beat until just incorporated.
- Fill the prepared muffin cups about half-full with the batter. Spoon about 1 teaspoon cream cheese into the center of each muffin cup and poke it down into the middle of the batter with a finger.
- Sprinkle the sunflower seeds over each muffin.
- Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 25 minutes.

Let cool in pan 5 minutes and remove to a rack to cool completely. Be extra careful; the cream cheese stays hot for a while!

Nutrition Facts



PROTEIN 6.89% **FAT 28.38%** **CARBS 64.73%**

Properties

Glycemic Index:22.42, Glycemic Load:10.32, Inflammation Score:-9, Nutrition Score:8.0304347173027%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg

Nutrients (% of daily need)

Calories: 201.41kcal (10.07%), Fat: 6.47g (9.96%), Saturated Fat: 2.57g (16.03%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 32.45g (11.8%), Sugar: 19.23g (21.37%), Cholesterol: 36.82mg (12.27%), Sodium: 188.68mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin A: 3184.58IU (63.69%), Manganese: 0.29mg (14.48%), Selenium: 8.76µg (12.51%), Vitamin B2: 0.17mg (10.12%), Vitamin B1: 0.15mg (9.75%), Folate: 38.89µg (9.72%), Iron: 1.36mg (7.55%), Vitamin B3: 1.19mg (5.93%), Phosphorus: 58.62mg (5.86%), Potassium: 188.74mg (5.39%), Vitamin E: 0.74mg (4.93%), Vitamin K: 4.98µg (4.75%), Copper: 0.09mg (4.32%), Calcium: 42.09mg (4.21%), Vitamin C: 3.26mg (3.96%), Vitamin B5: 0.37mg (3.66%), Fiber: 0.78g (3.1%), Magnesium: 11.99mg (3%), Vitamin B6: 0.06mg (2.78%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.09µg (1.43%)