

Cream Cheese Filled Pumpkin Muffins

READY IN
SERVINGS
60 min.
12



MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

0.5	teaspoon	baking	soda
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4 ounces cream cheese

1 cup t brown sugar dark packed

2 eggs

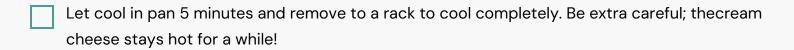
1.5 cups flour all-purpose

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
Eq	uipment
	bowl
	frying pan
	oven
	hand mixer
	muffin liners
Di	rections
	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.



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: Og (100%), Alcohol %: O% (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%)