



# Cream Cheese Pumpkin Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon baking soda
- 1 cup pumpkin puree canned
- 0.5 cup canola oil
- 8 ounces cream cheese softened
- 1 eggs
- 2 eggs lightly beaten
- 2.3 cups flour all-purpose
- 24 pecans

- 3 teaspoons pumpkin pie spice
- 0.5 teaspoon salt
- 2 cups sugar

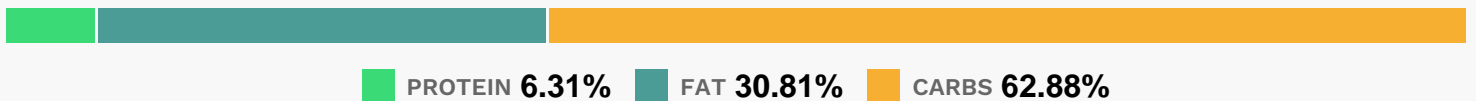
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- For the filling, in a small bowl, beat the cream cheese, egg and sugar until smooth; set aside. In a large bowl, combine the flour, pumpkin pie spice, baking soda and salt. Beat the eggs, sugar, pumpkin and oil; stir into dry ingredients just until moistened.
- Divide half of the batter among 24 greased or paper-lined muffin cups. Drop filling by teaspoonfuls over batter. Top with remaining batter.
- Place a pecan on each muffin if desired.
- Bake at 350° for 20–22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:7.59, Glycemic Load:18.25, Inflammation Score:-8, Nutrition Score:4.9339130287585%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## Nutrients (% of daily need)

Calories: 170.01kcal (8.5%), Fat: 5.94g (9.14%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 26.51g (9.64%), Sugar: 17.45g (19.39%), Cholesterol: 30mg (10%), Sodium: 132.57mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin A: 1746.77IU (34.94%), Manganese: 0.2mg (10.06%), Selenium: 6.69µg (9.56%), Vitamin B1: 0.11mg (7.23%), Vitamin B2: 0.12mg (6.8%), Folate: 26.47µg (6.62%), Iron: 0.89mg (4.92%), Phosphorus: 41.4mg (4.14%), Vitamin B3: 0.76mg (3.82%), Fiber: 0.78g (3.14%), Vitamin E: 0.44mg (2.95%), Copper: 0.05mg (2.63%), Vitamin K: 2.67µg (2.54%), Vitamin B5: 0.24mg (2.42%), Magnesium: 8.47mg (2.12%), Calcium: 19.54mg (1.95%), Zinc: 0.29mg (1.92%), Potassium: 61.37mg (1.75%), Vitamin B6: 0.03mg (1.47%), Vitamin B12: 0.07µg (1.16%)