



Double-Ginger Pumpkin Muffins with Sweet Candied Pecans

 Dairy Free

READY IN



115 min.

SERVINGS



33

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups pecans chopped
- 1 tablespoon egg whites
- 3 tablespoons granulated sugar
- 2 teaspoons ground ginger
- 0.5 teaspoon kosher salt (coarse)
- 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- 4 eggs

- 1 cup canola oil
- 0.3 cup water
- 2.5 cups granulated sugar
- 3 teaspoons vanilla
- 3.5 cups flour all-purpose
- 2 tablespoons ground cinnamon
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 0.5 cup candied ginger finely chopped

Equipment

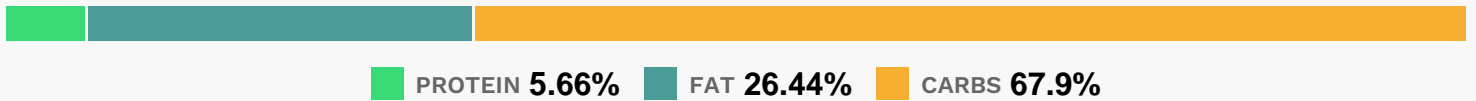
- bowl
- frying pan
- baking paper
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F. Line 15x10x1-inch pan with cooking parchment paper. Spray regular-size muffin cups with cooking spray.
- In medium bowl, toss pecans with egg white until well coated.
- Add 3 tablespoons granulated sugar, 2 teaspoons ground ginger and the kosher salt; toss until coated.
- Spread in single layer on parchment-lined pan.

- Bake 10 to 12 minutes, stirring once, until golden brown. Cool completely, about 30 minutes. Coarsely chop; set aside.
- In large bowl, beat pumpkin, eggs, oil, water, 2 1/2 cups granulated sugar and the vanilla with electric mixer on low speed. Stir in flour, cinnamon, baking soda, salt, 1 teaspoon ground ginger and the nutmeg. Stir in crystallized ginger. Fill muffin cups 3/4 full. Top each muffin cup with 2 teaspoons candied pecans.
- Bake 23 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:18.69, Inflammation Score:-7, Nutrition Score:5.7378260415533%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 188.12kcal (9.41%), Fat: 5.66g (8.7%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 32.68g (10.89%), Net Carbohydrates: 30.49g (11.09%), Sugar: 18.14g (20.16%), Cholesterol: 19.84mg (6.61%), Sodium: 208.15mg (9.05%), Alcohol: 0.13g (100%), Alcohol %: 0.24% (100%), Protein: 2.72g (5.45%), Manganese: 0.51mg (25.72%), Vitamin A: 1102.38IU (22.05%), Selenium: 6.77µg (9.67%), Vitamin B1: 0.14mg (9.42%), Fiber: 2.19g (8.77%), Folate: 32.46µg (8.12%), Vitamin B2: 0.12mg (6.91%), Iron: 1.06mg (5.88%), Copper: 0.1mg (4.8%), Vitamin B3: 0.92mg (4.6%), Phosphorus: 45.17mg (4.52%), Vitamin B5: 0.33mg (3.33%), Magnesium: 12.47mg (3.12%), Zinc: 0.44mg (2.93%), Vitamin E: 0.38mg (2.55%), Vitamin B6: 0.05mg (2.39%), Potassium: 65.85mg (1.88%), Calcium: 18.7mg (1.87%), Vitamin K: 1.35µg (1.29%)