



Easy Pumpkin Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

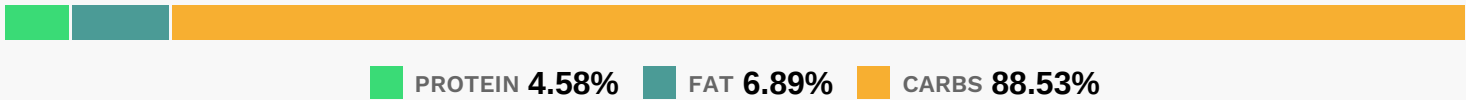
- ☐ bowl
- ☐ oven

- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan or line with paper liners.
- ☐ In a large bowl, mix together the cake mix, pumpkin puree, cinnamon, nutmeg and cloves until smooth. Spoon equal amounts of batter into the prepared muffin cups.
- ☐ Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted in the center of one comes out clean.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:9.1343478016231%

Nutrients (% of daily need)

Calories: 171.67kcal (8.58%), Fat: 1.34g (2.05%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 36.94g (13.43%), Sugar: 19.86g (22.07%), Cholesterol: 0mg (0%), Sodium: 315.79mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin A: 5515.69IU (110.31%), Phosphorus: 146.39mg (14.64%), Calcium: 102.27mg (10.23%), Manganese: 0.19mg (9.59%), Folate: 33.65µg (8.41%), Iron: 1.41mg (7.84%), Vitamin B1: 0.11mg (7.23%), Vitamin B2: 0.12mg (7%), Vitamin K: 7.03µg (6.7%), Fiber: 1.66g (6.66%), Vitamin B3: 1.13mg (5.66%), Vitamin E: 0.78mg (5.2%), Copper: 0.07mg (3.53%), Magnesium: 12.82mg (3.21%), Vitamin B5: 0.3mg (2.99%), Potassium: 94.7mg (2.71%), Vitamin B6: 0.05mg (2.68%), Selenium: 1.44µg (2.06%), Vitamin C: 1.5mg (1.81%), Zinc: 0.18mg (1.22%)