



Holiday Pumpkin Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1 cup crisco oil
- ☐ 3 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg

- ☐ 15 ounce pumpkin unsweetened canned
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar
- ☐ 1 cup walnuts chopped

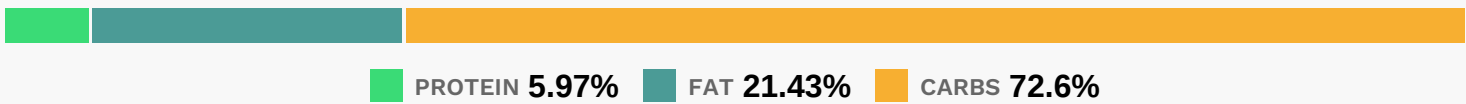
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat first 11 ingredients at low speed with an electric mixer 1 to 2 minutes or until blended. Stir in walnuts and raisins. Spoon batter evenly (about 1/4 cup each) into lightly greased muffin pans.
- ☐ Bake at 350 for 20 to 25 minutes.
- ☐ Remove from pans immediately; cool on wire racks.
- ☐ Drizzle muffins with Orange Glaze, If desired.

Nutrition Facts



Properties

Glycemic Index:10.86, Glycemic Load:20.13, Inflammation Score:-8, Nutrition Score:5.3999999657921%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 163.12kcal (8.16%), Fat: 4.01g (6.17%), Saturated Fat: 0.48g (3%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 29.37g (10.68%), Sugar: 17.17g (19.08%), Cholesterol: 15.5mg (5.17%), Sodium: 113.08mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin A: 1861.76IU (37.24%), Manganese: 0.25mg (12.61%), Selenium: 5.74µg (8.19%), Vitamin B1: 0.12mg (7.72%), Folate: 28.97µg (7.24%), Vitamin B2: 0.1mg (5.94%), Iron: 1.03mg (5.72%), Copper: 0.1mg (4.95%), Fiber: 1.21g (4.85%), Phosphorus: 42.39mg (4.24%), Vitamin

B3: 0.85mg (4.24%), Magnesium: 12.47mg (3.12%), Vitamin K: 2.97µg (2.83%), Vitamin E: 0.42mg (2.8%), Potassium: 91.73mg (2.62%), Vitamin B6: 0.04mg (2.22%), Calcium: 19.09mg (1.91%), Vitamin B5: 0.19mg (1.85%), Zinc: 0.27mg (1.81%)