



Iced Pumpkin Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup buttermilk
- ☐ 1 cup pumpkin canned (not pie filling)
- ☐ 0.3 cup chocolate chips miniature
- ☐ 1 teaspoon cinnamon
- ☐ 0.8 cup brown sugar dark packed
- ☐ 2 large eggs

- ☐ 1 cup powdered sugar (approximately)
- ☐ 0.8 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon vanilla
- ☐ 1.8 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 9 oz flour whole wheat white all-purpose

Equipment

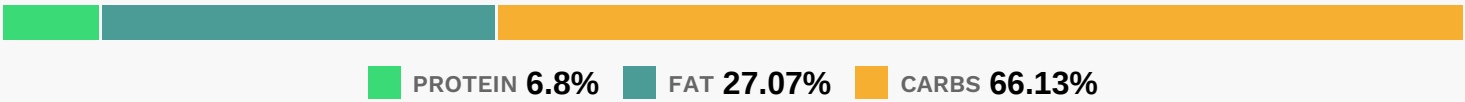
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400°F. Spray 12 muffin tins with flour-added cooking spray or line with paper liners.
- ☐ Mix the flour, baking powder, baking soda, pumpkin pie spice, and salt together and set aside. In a mixing bowl, whisk together melted butter, oil, brown sugar, pumpkin, buttermilk, eggs, vanilla and chips.
- ☐ Add flour mixture to pumpkin mixture and stir until just combined. Divide batter among the 12 muffin cups.
- ☐ Bake until a wooden pick comes out clean, about 20 minutes. Cool on a rack for about 10 minutes, then remove from muffin tins and let cool completely.
- ☐ Mix the melted butter and powdered sugar together, coating the sugar with butter as best you can – mixture will be thick and lumpy. Stir in the vanilla.
- ☐ Add 1 tablespoon of milk and stir well. Continue adding milk 1 teaspoon at a time until you get an icing that's thin enough to drizzle but not so thin it will spread out when drizzled.
- ☐ Drizzle the icing over the cooled muffins. I sprinkled extra chips on top.***If you don't have pumpkin pie spice, you can substitute another 1/2 teaspoon ground cinnamon, 3/8 teaspoon

ground ginger, a pinch of allspice and a pinch of cloves.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:6.3252175502155%

Nutrients (% of daily need)

Calories: 260.64kcal (13.03%), Fat: 8.04g (12.38%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 41.26g (15%), Sugar: 27.29g (30.32%), Cholesterol: 34.81mg (11.6%), Sodium: 223.56mg (9.72%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Protein: 4.55g (9.1%), Vitamin A: 3271.87IU (65.44%), Fiber: 2.96g (11.85%), Vitamin K: 11.83µg (11.26%), Calcium: 89.32mg (8.93%), Iron: 1.21mg (6.71%), Vitamin E: 0.71mg (4.75%), Manganese: 0.09mg (4.65%), Selenium: 3.08µg (4.4%), Phosphorus: 43.63mg (4.36%), Vitamin B2: 0.06mg (3.58%), Potassium: 105.15mg (3%), Vitamin B5: 0.25mg (2.49%), Magnesium: 7.99mg (2%), Copper: 0.04mg (1.9%), Folate: 6.83µg (1.71%), Vitamin B6: 0.03mg (1.7%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.23µg (1.54%), Zinc: 0.17mg (1.16%), Vitamin C: 0.92mg (1.12%)