



Low Fat Roasted Butternut Squash Muffins



Dairy Free



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 1 cup roasted butternut squash (with canned pumpkin puree) mashed for roasting squash – can substitute
- ☐ 1 egg replacer equivalent
- ☐ 0.3 cup dairy-free yogurt plain
- ☐ 2 teaspoons ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 1 Dash nutmeg

- ☐ 12 servings hand full of and pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1.5 cups pastry flour whole wheat all-purpose

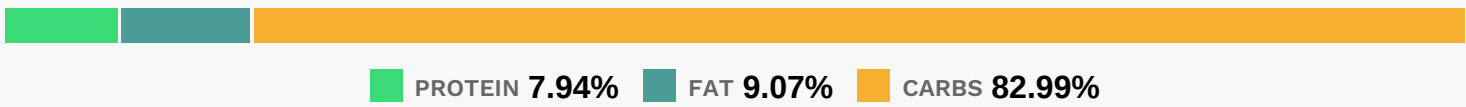
Equipment

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

Directions

- ☐ Preheat your oven to 350°F and grease two muffin tins or line them with cupcake liners.
- ☐ Combine the flour, cinnamon, baking soda, salt, nutmeg, allspice, ginger, and cardamom in a medium-bow.Blend the squash, sugar, yogurt, applesauce, honey and egg in a mixing bowl.Gently fold the dry ingredients into wet ingredients, being careful not to overmix.Gently stir in the nuts, if using.Fill each muffin cup 2/3 full.
- ☐ Bake for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:9.64, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:8.5752174439638%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 122.36kcal (6.12%), Fat: 1.32g (2.03%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 24.51g (8.91%), Sugar: 14.65g (16.27%), Cholesterol: 0.48mg (0.16%), Sodium: 147.95mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin A: 3209.5IU (64.19%), Manganese: 0.76mg (38.01%), Selenium: 9.83µg (14.04%), Fiber: 2.6g (10.39%), Magnesium: 28.02mg (7%), Phosphorus: 65.1mg (6.51%), Vitamin B1: 0.09mg (6.17%), Iron: 1.02mg (5.68%), Copper: 0.11mg (5.66%), Vitamin B3: 1.08mg (5.38%), Vitamin B6: 0.1mg (4.86%), Potassium: 132.34mg (3.78%), Vitamin K: 3.72µg (3.54%), Vitamin E: 0.52mg (3.46%), Zinc: 0.51mg (3.41%), Calcium: 33.16mg (3.32%), Vitamin B2: 0.06mg (3.26%), Folate: 11.9µg (2.98%), Vitamin B5: 0.2mg (2.03%), Vitamin C: 1.5mg (1.81%), Vitamin B12: 0.07µg (1.23%)