



Maple Kissed Sweet Potato (or Pumpkin) Muffins

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 0.8 cup brown sugar light
- ☐ 0.3 cup maple syrup pure
- ☐ 1 cup pumpkin
- ☐ 2 tsp pumpkin pie spice
- ☐ 0.3 tsp salt

- ☐ 1 cup apple sauce unsweetened
- ☐ 1.5 cups pastry flour whole wheat

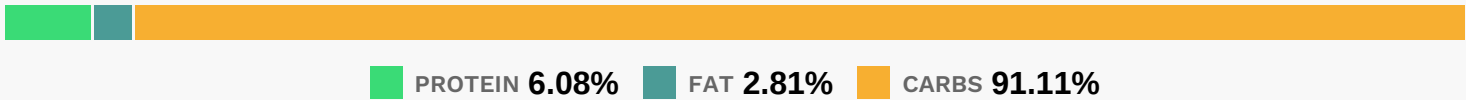
Equipment

- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Add pumpkin (or sweet potato) apple sauce, sugar, and maple syrup, then stir until just combined. Spoon mixture into muffin cups 3/4 full.
- ☐ Bake for 18 to 25 minutes, or until a toothpick inserted into the center comes out clean.
- ☐ Transfer to a wire cooling rack.
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 30g
- ☐ Carbohydrate
- ☐ 10gDietary Fiber2.60gSugars10gProtein1.80g

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:6.3765217869178%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 133.79kcal (6.69%), Fat: 0.44g (0.68%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 30.22g (10.99%), Sugar: 19.62g (21.8%), Cholesterol: 0mg (0%), Sodium: 240mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Manganese: 0.84mg (41.77%), Vitamin A: 830.91IU (16.62%), Selenium: 9.55µg (13.65%), Fiber: 1.92g (7.68%), Phosphorus: 76.5mg (7.65%), Vitamin B2: 0.13mg (7.47%), Calcium: 73.68mg (7.37%), Magnesium: 25.56mg (6.39%), Vitamin B1: 0.09mg (6.01%), Iron: 0.91mg (5.05%), Copper: 0.09mg (4.36%), Vitamin B3: 0.85mg (4.23%), Vitamin B6: 0.08mg (3.96%), Potassium: 137.79mg (3.94%), Zinc: 0.49mg (3.23%), Folate: 8.96µg (2.24%), Vitamin E: 0.25mg (1.65%), Vitamin B5: 0.15mg (1.46%), Vitamin C: 1.14mg (1.38%)