



Marbled Pumpkin Cheesecake Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.8 cup all purpose flour
- ☐ 1.3 teaspoon baking soda
- ☐ 1.3 cups pumpkin canned (not pie filling)
- ☐ 0.5 teaspoon cinnamon
- ☐ 8 ounces cream cheese softened
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed

- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup vegetable oil

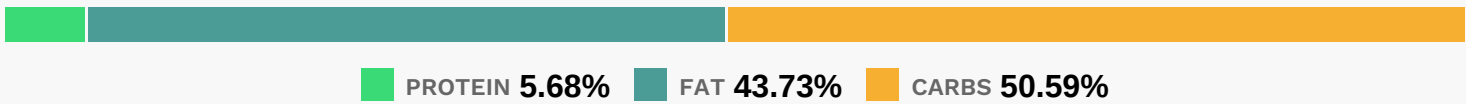
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Spray top of a muffin tin with cooking spray and line the 12 cups with liners.Prepare filling. Beat together cream cheese and sugar, then stir in egg and vanilla. Set aside.In a mixing bowl, thoroughly stir together flour, both sugars, salt, baking soda, cinnamon and spices.In another mixing bowl, blend oil, egg, pumpkin and vanilla.
- ☐ Add flour mixture to pumpkin mixture and stir until combined.Fill muffin cups about 1/3 of the way full with pumpkin mixture. Spoon cream cheese mixture over pumpkin, dividing evenly between all 12 cups. Spoon a drop of pumpkin batter on top of cream cheese. Pumpkin batter will be thick and will not cover entire top, so the appearance will be similar to a bulls eye.
- ☐ Bake for 23–25 minutes.
- ☐ Let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:16.17, Inflammation Score:-10, Nutrition Score:9.0852174992147%

Nutrients (% of daily need)

Calories: 268.33kcal (13.42%), Fat: 13.23g (20.36%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 33.16g (12.06%), Sugar: 18.85g (20.94%), Cholesterol: 34.59mg (11.53%), Sodium: 280.49mg (12.2%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 3.87g (7.73%), Vitamin A: 4248.49IU (84.97%), Vitamin K: 15.71µg (14.96%), Selenium: 9.35µg (13.36%), Vitamin B1: 0.16mg (10.35%), Folate: 40.19µg (10.05%), Vitamin B2: 0.17mg (9.89%), Manganese: 0.19mg (9.38%), Iron: 1.37mg (7.63%), Vitamin E: 0.99mg (6.57%), Vitamin B3: 1.2mg (6.01%), Phosphorus: 57.55mg (5.75%), Fiber: 1.28g (5.12%), Calcium: 38.78mg (3.88%), Vitamin B5: 0.37mg (3.66%), Potassium: 115.98mg (3.31%), Copper: 0.07mg (3.27%), Magnesium: 13.01mg (3.25%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.32mg (2.17%), Vitamin C: 1.08mg (1.31%), Vitamin B12: 0.08µg (1.31%)