



Mary McDougall's Pumpkin Walnut Muffins

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup pumpkin puree canned
- 0.5 cup t brown sugar dark
- 2 teaspoons ener-g egg replacer
- 1.5 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 0.3 cup blackstrap molasses

- 0.3 cup raisins
- 0.1 teaspoon salt
- 0.3 cup soymilk (see note below)
- 0.8 cup flour all-purpose
- 0.5 cup walnut pieces coarsely chopped
- 1 cup pastry flour whole wheat

Equipment

- bowl
- frying pan
- oven
- whisk
- muffin liners

Directions

- Whisk the Egg Replacer with 1/4 cup warm water in a small bowl until frothy, then set aside. In a large bowl, whisk together the whole wheat and all-purpose flours, brown sugar, cinnamon, baking soda, nutmeg, baking powder, and salt. Stir in the walnuts and raisins. In a separate bowl, stir together the pumpkin, Lighter
- Bake (or apple sauce), molasses, and soy milk until no lumps remain.
- Add the reserved Egg Replacer. Stir this mixture into the flour mixture just until combined. Spoon the batter into the prepared muffin cups and bake for 30 minutes, or until they are golden and a wooden pick inserted in the center comes out clean. Set the pan on a rack to cool completely before removing the muffins from the pans.

Nutrition Facts



Properties

Glycemic Index:33.18, Glycemic Load:8.09, Inflammation Score:-9, Nutrition Score:10.276956589326%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 170.86kcal (8.54%), Fat: 3.75g (5.76%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 30.44g (11.07%), Sugar: 15.18g (16.86%), Cholesterol: 0mg (0%), Sodium: 143.64mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin A: 3199.55IU (63.99%), Manganese: 0.83mg (41.34%), Selenium: 10.65µg (15.22%), Magnesium: 47.04mg (11.76%), Copper: 0.21mg (10.39%), Fiber: 2.59g (10.37%), Vitamin B1: 0.14mg (9.53%), Iron: 1.69mg (9.4%), Phosphorus: 77.13mg (7.71%), Vitamin B6: 0.15mg (7.52%), Potassium: 256.47mg (7.33%), Folate: 27.82µg (6.96%), Calcium: 68.12mg (6.81%), Vitamin B3: 1.36mg (6.81%), Vitamin B2: 0.09mg (5.24%), Zinc: 0.55mg (3.66%), Vitamin K: 3.69µg (3.51%), Vitamin E: 0.46mg (3.04%), Vitamin B5: 0.27mg (2.75%), Vitamin C: 1.45mg (1.76%)