



Mini pumpkin donut muffins

 Vegetarian

READY IN



20 min.

SERVINGS



24

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 2 tsp baking power
- ☐ 0.3 cup butter melted ()
- ☐ 0.3 tsp cinnamon
- ☐ 1 large eggs
- ☐ 0.5 cup milk fat free
- ☐ 2 tsp ground cinnamon
- ☐ 0.3 tsp ground nutmeg

- ☐ 0.5 cup pumpkin puree
- ☐ 0.3 tsp salt
- ☐ 0.7 cup sugar
- ☐ 1 tsp vanilla extract
- ☐ 0.3 cup vegetable oil

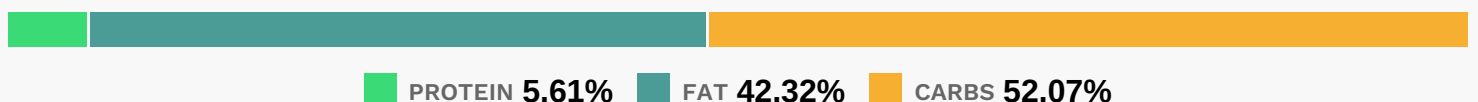
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin tray
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 350F. Grease mini muffin pan with pam spray.
- ☐ In a large bowl, whisk together sugar and egg until combined.
- ☐ Add in flour, baking powder, salt, cinnamon and nutmeg.
- ☐ Mix until combined.
- ☐ Then mix in pumpkin puree, vegetable oil, milk and vanilla extract.
- ☐ Spoon in batter to muffin pan about 2/3 full.
- ☐ Bake for 10–12 minutes until toothpick inserted comes out clean.
- ☐ Let muffins cool before coating with cinnamon sugar.
- ☐ For the coating. Melt 1/4 cup butter in a small glass bowl. In another small bowl, combine 2/3 cup white sugar and 2 tsp cinnamon. Dip top of donuts in melted butter and then dip in the sugar mixture.

Nutrition Facts



Properties

Glycemic Index:12.85, Glycemic Load:8.28, Inflammation Score:-5, Nutrition Score:2.8700000190217%

Nutrients (% of daily need)

Calories: 96.29kcal (4.81%), Fat: 4.57g (7.04%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 12.16g (4.42%), Sugar: 6.08g (6.76%), Cholesterol: 13mg (4.33%), Sodium: 50.23mg (2.18%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.36g (2.73%), Vitamin A: 875.87IU (17.52%), Manganese: 0.11mg (5.35%), Vitamin K: 5.29µg (5.04%), Selenium: 3.51µg (5.01%), Vitamin B1: 0.07mg (4.59%), Folate: 16.61µg (4.15%), Vitamin B2: 0.06mg (3.62%), Iron: 0.51mg (2.81%), Vitamin B3: 0.51mg (2.56%), Phosphorus: 23mg (2.3%), Vitamin E: 0.33mg (2.18%), Fiber: 0.5g (2.01%), Calcium: 14.28mg (1.43%), Vitamin B5: 0.11mg (1.12%), Magnesium: 4.11mg (1.03%), Copper: 0.02mg (1.03%)