



## Mini Pumpkin Muffins with Orange Drizzle

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



36

CALORIES



69 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 15 ounce pumpkin 100% pure canned
- 0.5 cup confectioners' sugar
- 1 cup brown sugar dark
- 2 large eggs lightly beaten
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 1.5 teaspoons ground ginger
- 4 teaspoons orange juice
- 0.3 teaspoon orange zest finely grated
- 0.5 teaspoon salt
- 0.5 cup vegetable oil

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- muffin liners

## Directions

- Adjust oven rack to center position and heat oven to 425 degrees. Spray 36 mini-muffin cups with vegetable cooking spray.
- Bring pumpkin, ginger, cinnamon and cloves to a simmer in a medium saucepan until puree thickens enough to start sticking to pan bottom, 6 to 8 minutes. Turn hot puree into a bowl.
- Whisk in brown sugar and oil, then slowly beat in eggs.
- Meanwhile, whisk the flour, baking powder, baking soda and salt in a medium bowl; whisk into pumpkin mixture until just combined.
- Divide batter among the muffin cups and bake until golden and cooked through, about 10 minutes.
- Let stand a few minutes, then transfer mini-muffins to a wire rack to cool.
- Mix the drizzle ingredients together and drizzle over warm muffins.

## Nutrition Facts



■ PROTEIN 6.93% ■ FAT 12.5% ■ CARBS 80.57%

## Properties

Glycemic Index:6.22, Glycemic Load:3.93, Inflammation Score:-8, Nutrition Score:3.6960868952067%

## Flavonoids

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 69.26kcal (3.46%), Fat: 0.98g (1.51%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 13.61g (4.95%), Sugar: 8.05g (8.94%), Cholesterol: 10.33mg (3.44%), Sodium: 69.95mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin A: 1855.17IU (37.1%), Manganese: 0.12mg (5.79%), Selenium: 3.39µg (4.84%), Vitamin B1: 0.06mg (3.95%), Folate: 15.75µg (3.94%), Iron: 0.63mg (3.49%), Vitamin B2: 0.05mg (3.18%), Vitamin K: 3.07µg (2.92%), Calcium: 24.68mg (2.47%), Vitamin B3: 0.47mg (2.37%), Fiber: 0.58g (2.32%), Phosphorus: 22.57mg (2.26%), Copper: 0.03mg (1.43%), Vitamin E: 0.21mg (1.41%), Magnesium: 5.53mg (1.38%), Potassium: 46.88mg (1.34%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 0.91mg (1.1%)