

Mini Pumpkin Pie Pancake Muffins

 **Gluten Free**

READY IN



25 min.

SERVINGS



16

CALORIES



39 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup sugar
- 1 teaspoon pumpkin pie spice
- 1 eggs beaten
- 0.3 cup milk
- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.3 cup semi chocolate chips
- 1 cup frangelico

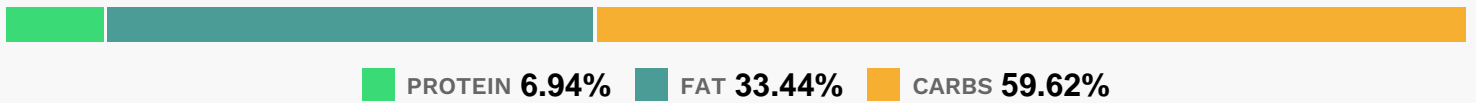
Equipment

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

Directions

- Heat oven to 350°F. Spray 16 mini muffin cups with cooking spray.
- In medium bowl, stir together Bisquick mix, sugar, pumpkin pie spice, egg, milk and pumpkin until blended. Stir in chocolate chips. Divide batter evenly among muffin cups, filling each two-thirds full.
- Bake about 10 minutes or until golden brown and tops spring back when lightly touched. Cool 5 minutes; remove from pan to cooling rack.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:6.76, Glycemic Load:2.25, Inflammation Score:-3, Nutrition Score:1.4069565119951%

Nutrients (% of daily need)

Calories: 39.35kcal (1.97%), Fat: 1.49g (2.3%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.39g (1.96%), Sugar: 4.35g (4.84%), Cholesterol: 10.86mg (3.62%), Sodium: 14.51mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Vitamin A: 372.83IU (7.46%), Manganese: 0.08mg (3.75%), Fiber: 0.59g (2.37%), Copper: 0.04mg (2.04%), Phosphorus: 18.65mg (1.87%), Selenium: 1.23µg (1.76%), Magnesium: 6.58mg (1.65%), Iron: 0.3mg (1.65%), Vitamin B2: 0.02mg (1.47%), Vitamin B5: 0.11mg (1.13%), Calcium: 10.42mg (1.04%)