



Mini Pumpkin Streusel Muffins

 Vegetarian

READY IN



22 min.

SERVINGS



22

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tsp double-acting baking powder
- 0.5 tsp baking soda
- 0.3 cup brown sugar packed
- 3 Tbsp butter softened
- 1 cup pumpkin canned (not pumpkin pie)
- 0.5 tsp cinnamon
- 1 tsp cinnamon
- 2 large eggs

- 0.5 cup flour
- 1.5 cups flour all-purpose
- 0.3 cup oil
- 0.3 cup planters pecans chopped finely
- 1 tsp pumpkin pie spice
- 0.5 tsp salt
- 1.3 cups sugar

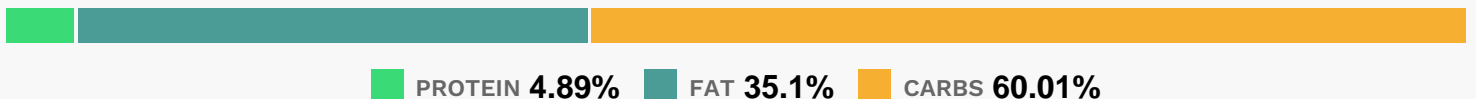
Equipment

- bowl
- oven
- toothpicks
- muffin liners
- muffin tray

Directions

- COMBINE flour, baking powder, pumpkin pie spice, baking soda, salt and cinnamon. Set aside.
- COMBINE in a large bowl the wet ingredients; pumpkin, sugar, oil and eggs. Then combine in small bowl ingredients for topping until crumbly.
- PREHEAT oven to 350F and place cupcake liners in a muffin tin. Divide batter into liners using a cookie dough scoop, add about 2 tablespoons.
- Sprinkle with topping.
- BAKE for about 10-12 minutes or until a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:17.37, Glycemic Load:14.27, Inflammation Score:-8, Nutrition Score:4.8491305268329%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 160.54kcal (8.03%), Fat: 6.4g (9.84%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 23.76g (8.64%), Sugar: 15.04g (16.72%), Cholesterol: 21.07mg (7.02%), Sodium: 124.41mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Vitamin A: 1807.44IU (36.15%), Manganese: 0.19mg (9.6%), Selenium: 5.48µg (7.82%), Vitamin B1: 0.1mg (6.76%), Folate: 24.64µg (6.16%), Vitamin E: 0.83mg (5.55%), Vitamin B2: 0.09mg (5.14%), Iron: 0.87mg (4.85%), Vitamin K: 4.5µg (4.29%), Vitamin B3: 0.74mg (3.68%), Fiber: 0.84g (3.38%), Phosphorus: 33.67mg (3.37%), Calcium: 25.9mg (2.59%), Copper: 0.05mg (2.42%), Magnesium: 7.58mg (1.89%), Vitamin B5: 0.18mg (1.81%), Potassium: 52.44mg (1.5%), Zinc: 0.22mg (1.45%), Vitamin B6: 0.02mg (1.17%)