



## Mini Spiced Pumpkin Muffins

 Vegetarian

READY IN



27 min.

SERVINGS



10

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup pumpkin puree canned
- ☐ 1.5 teaspoons cinnamon
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup brown sugar light packed

- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 cup pumpkin seeds (pepitas)
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup milk whole

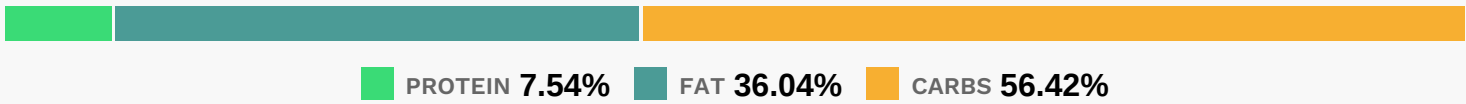
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 350F. Grease 24 mini muffin cups or insert paper liners.
- ☐ Sift together flour, baking powder, salt and spices. In a large bowl, using an electric mixer, cream butter and brown sugar until fluffy. Beat in egg, oil, milk and pumpkin puree until well mixed. Stir in dry ingredients just until combined; do not overmix. Divide batter among cups, sprinkle each with a few pumpkin seeds and bake until a toothpick inserted in center of a muffin comes out clean, 15 to 17 minutes.
- ☐ Let cool in pan on a rack for 5 minutes, then turn out and let cool completely.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:10.8, Inflammation Score:-8, Nutrition Score:7.4760869352714%

## Nutrients (% of daily need)

Calories: 192.3kcal (9.62%), Fat: 7.83g (12.04%), Saturated Fat: 3.69g (23.04%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 26.37g (9.59%), Sugar: 11.8g (13.11%), Cholesterol: 32.1mg (10.7%), Sodium: 217.84mg (9.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin A: 2094.56IU (41.89%), Manganese: 0.38mg (19.02%), Selenium: 8.64µg (12.34%), Vitamin B1: 0.16mg (10.95%), Folate: 39.47µg (9.87%), Phosphorus: 86.59mg (8.66%), Calcium: 85.83mg (8.58%), Vitamin B2: 0.14mg (8.47%), Iron: 1.51mg (8.39%), Vitamin B3: 1.29mg (6.44%), Magnesium: 20.72mg (5.18%), Vitamin K: 5.24µg (4.99%), Fiber: 1.18g (4.74%), Copper: 0.07mg (3.74%), Vitamin E: 0.49mg (3.25%), Potassium: 104.39mg (2.98%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.42mg (2.78%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.12µg (2%), Vitamin B6: 0.04mg (2%)