

# Pecan Graham Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1 eggs
- 1.3 cups flour all-purpose
- 1.3 cups graham cracker crumbs
- 1 cup milk
- 0.5 cup pecans chopped
- 0.3 teaspoon salt

- 0.5 cup sugar
- 0.3 cup vegetable oil

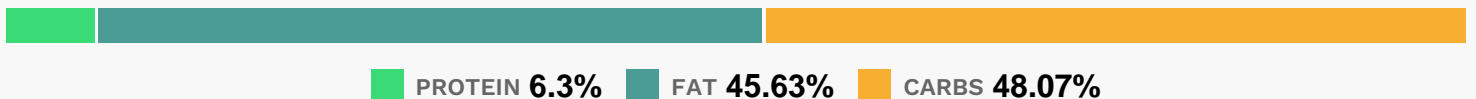
## Equipment

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

## Directions

- In a large bowl, combine the first six ingredients. In another bowl, beat the egg, milk and oil; stir into dry ingredients just until moistened. Fold in pecans. Fill greased or paper-lined muffin cups two-thirds full.
- Bake at 375° for 18–22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:29.92, Glycemic Load:18.5, Inflammation Score:-2, Nutrition Score:5.2730434742635%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 221.59kcal (11.08%), Fat: 11.41g (17.56%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 25.94g (9.43%), Sugar: 11.67g (12.97%), Cholesterol: 16.08mg (5.36%), Sodium: 226.96mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Manganese: 0.3mg (14.78%), Vitamin B1: 0.17mg (11.09%), Vitamin K: 11.41µg (10.86%), Selenium: 6.15µg (8.79%), Vitamin B2: 0.14mg (8.18%), Phosphorus: 80.6mg (8.06%), Folate: 30.84µg (7.71%), Iron: 1.21mg (6.73%), Vitamin B3: 1.2mg (5.99%), Calcium: 59.27mg (5.93%), Fiber: 1.11g (4.42%), Magnesium: 16.84mg (4.21%), Vitamin E: 0.62mg (4.1%), Zinc: 0.61mg (4.06%), Copper: 0.08mg (3.98%), Potassium: 84.88mg (2.43%), Vitamin B12: 0.14µg (2.37%), Vitamin B5: 0.23mg (2.28%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.3µg (1.98%), Vitamin A: 55.28IU (1.11%)