

# Pecan Pie Muffins

 Vegetarian

READY IN



27 min.

SERVINGS



100

CALORIES



32 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup firmly brown sugar light packed
- 0.5 cup butter melted
- 2 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 0.5 cup pecans finely chopped
- 1 cup pecans chopped
- 0.3 teaspoon salt

1 teaspoon vanilla extract

## Equipment

bowl

frying pan

oven

knife

wire rack

aluminum foil

## Directions

Preheat oven to 425

Combine first 5 ingredients in a large bowl; make a well in center of mixture. Stir together butter and next 2 ingredients; add to brown sugar mixture, and stir just until moistened. Coat 2 (12-cup) miniature muffin pans well with cooking spray.

Place 1 tsp. finely chopped pecans in each muffin cup; spoon batter over pecans, filling almost to top.

Place muffin pans on an aluminum foil-lined jelly-roll pan.

Bake at 425 for 10 to 12 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack 2 minutes. Run a knife around edge of each cup to loosen muffins, and remove from pans.

## Nutrition Facts



**PROTEIN 4.31%** **FAT 60.47%** **CARBS 35.22%**

## Properties

Glycemic Index:2.37, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:0.64695652493316%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## **Nutrients (% of daily need)**

Calories: 31.63kcal (1.58%), Fat: 2.2g (3.38%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.71g (0.98%), Sugar: 2.21g (2.46%), Cholesterol: 6.16mg (2.05%), Sodium: 17.28mg (0.75%), Alcohol: 0.01g (100%), Alcohol %: 0.26% (100%), Protein: 0.35g (0.71%), Manganese: 0.08mg (3.98%), Copper: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.08%)