

BREAKFAST

Pecan-Pie Muffins

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	9	\$0.60	308 kcal

Pecan-Pie Muffins is a dairy free breakfast. This recipe makes 9 servings with 401 calories, 3g of protein, and 20g of fat each. For 60 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. 1 person found this recipe to be scrumptious and satisfying.

Ingredients

- ☐ 1 cup firmly packed brown sugar
- ☐ 2 large eggs
- ☐ 1 cup chopped pecans
- ☐ ½ cup butter or margarine, melted
- ☐ ½ cup all-purpose flour

EQUIPMENT Bowl, Oven, Aluminum foil

Method

- 1

Combine first 3 ingredients in a large bowl; make a well in center of mixture.
- 2

Beat eggs until foamy. Stir together eggs and butter; add to dry ingredients, stirring just until moistened.
- 3

Place foil baking cups in muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- 4

Bake at 350 for 20 to 25 minutes or until done.
- 5

Remove from pans immediately, and cool on wire racks.

Nutrition per serving

308

KCAL

3 g

PROTEIN

20 g

FAT

31 g

CARBS

Saturated Fat

3.2 g · 20% of daily needs

Fibre

1.4 g · 5% of daily needs

Sugar

24.3 g · 27% of daily needs

Sodium

142 mg · 6% of daily needs

Cholesterol

41.3 mg · 14% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pecan-pie-muffins-148305