



Pecan Pie Muffins



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



20

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup agave nectar
- ☐ 1 cup almond flour/meal
- ☐ 1 tsp baking soda
- ☐ 2 tablespoons cinnamon
- ☐ 1 cup tablespoons coconut flour
- ☐ 1.1 cup cup coconut milk beverage unsweetened divided
- ☐ 6 tablespoons ground flax seed
- ☐ 2 cups pecans chopped

- ☐ 2 tablespoons vanilla extract pure
- ☐ 0.3 teaspoon xanthan gum

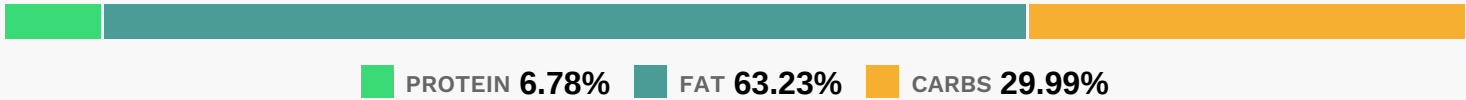
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F.In small bowl, combine ground flax seed and 1-1/8 cup coconut milk beverage. Set aside.In large bowl, sift together almond and coconut flours, baking soda, cinnamon and xanthan gum, and stir until well combined.
- ☐ Add agave, vanilla and remaining 1 cup coconut milk beverage, adding flax seed mixture last, and stirring only until thoroughly combined.Spoon into prepared muffin tins (about 2/3 full), arrange pecan halves on top, if desired, then bake 18 to 20 minutes till golden brown.
- ☐ Let stand in pans 10 to 15 minutes before carefully removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:5.6865217031344%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 214.55kcal (10.73%), Fat: 15.63g (24.04%), Saturated Fat: 4.64g (29.02%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 11.58g (4.21%), Sugar: 9.19g (10.22%), Cholesterol: 0mg (0%), Sodium: 79.96mg (3.48%),

Alcohol: 0.45g (100%), Alcohol %: 1.1% (100%), Protein: 3.77g (7.54%), Manganese: 0.81mg (40.48%), Fiber: 5.1g (20.39%), Copper: 0.2mg (9.85%), Vitamin B1: 0.12mg (8.24%), Magnesium: 27.16mg (6.79%), Iron: 1.06mg (5.9%), Phosphorus: 57.97mg (5.8%), Zinc: 0.69mg (4.62%), Calcium: 35.17mg (3.52%), Vitamin B6: 0.06mg (3.23%), Vitamin K: 3.21µg (3.06%), Potassium: 103.2mg (2.95%), Vitamin C: 2.41mg (2.92%), Selenium: 2µg (2.85%), Folate: 9.73µg (2.43%), Vitamin B2: 0.04mg (2.19%), Vitamin E: 0.31mg (2.04%), Vitamin B3: 0.39mg (1.93%), Vitamin B5: 0.14mg (1.43%)