



Pumpkin-Apple Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 1 cup pumpkin canned
- ☐ 2 large eggs lightly beaten
- ☐ 1.7 cups flour all-purpose
- ☐ 1 apples i use 2 granny smith apples peeled finely chopped
- ☐ 1 tablespoon pumpkin pie spice

- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons sugar

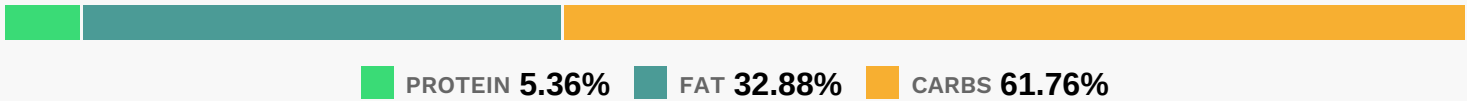
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine pumpkin, butter, and eggs, and add to dry ingredients, stirring just until moistened. Fold in chopped apple, and spoon into greased muffin pans, filling two-thirds full.
- ☐ Combine 3 tablespoons sugar and 1 teaspoon pumpkin pie spice; sprinkle evenly over muffins.
- ☐ Bake at 350 for 20 minutes.
- ☐ Remove from pans immediately, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:11.94, Inflammation Score:-8, Nutrition Score:3.9304347478825%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 117.99kcal (5.9%), Fat: 4.4g (6.77%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 17.84g (6.49%), Sugar: 11g (12.23%), Cholesterol: 15.5mg (5.17%), Sodium: 125.78mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin A: 1785.35IU (35.71%), Manganese: 0.13mg (6.58%), Selenium: 4.35µg (6.22%), Vitamin B1: 0.07mg (4.96%), Folate: 19.42µg (4.86%), Vitamin B2: 0.07mg (4.32%), Iron: 0.7mg (3.9%), Fiber: 0.76g (3.05%), Vitamin B3: 0.57mg (2.84%), Phosphorus: 24.43mg (2.44%), Vitamin E: 0.32mg (2.16%), Vitamin K: 1.93µg (1.84%), Copper: 0.03mg (1.54%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.74mg (1.44%), Potassium: 48.59mg (1.39%), Calcium: 13mg (1.3%), Vitamin B6: 0.02mg (1.07%), Vitamin C: 0.87mg (1.05%)