



# Pumpkin-Apple Muffins with Streusel Topping

 Dairy Free

READY IN



50 min.

SERVINGS



18

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2.5 cups flour all-purpose
- 2 cups sugar
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 0.5 teaspoon salt
- 2 large eggs lightly beaten
- 1 cup pumpkin puree canned
- 0.5 cup vegetable oil

- 2 cups apples peeled finely chopped
- 0.3 cup sugar
- 2 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 tablespoon butter

## Equipment

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

## Directions

- In a large bowl, combine flour, sugar, pumpkin pie spice, baking soda and salt.
- Combine eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in apples. Fill 18 greased or paper-lined muffin cups three-fourths full. For topping, combine sugar, flour and cinnamon.
- Cut in butter until mixture resembles coarse crumbs; sprinkle 1 teaspoon over each muffin.
- Bake at 350&deg; until a toothpick comes out clean, 30-35 minutes. Cool in pan 10 minutes before removing to a wire rack.

## Nutrition Facts



**PROTEIN 5.47%** **FAT 12.02%** **CARBS 82.51%**

## Properties

Glycemic Index:18.18, Glycemic Load:28, Inflammation Score:-8, Nutrition Score:6.0413043110267%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

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

Calories: 199.85kcal (9.99%), Fat: 2.73g (4.2%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 40.83g (14.85%), Sugar: 26.94g (29.93%), Cholesterol: 20.67mg (6.89%), Sodium: 142.23mg (6.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.79g (5.59%), Vitamin A: 2184.65IU (43.69%), Selenium: 8.11µg (11.59%), Manganese: 0.21mg (10.72%), Vitamin B1: 0.15mg (10.08%), Folate: 38.05µg (9.51%), Vitamin B2: 0.13mg (7.75%), Iron: 1.23mg (6.84%), Vitamin B3: 1.15mg (5.75%), Fiber: 1.3g (5.19%), Vitamin K: 4.89µg (4.66%), Phosphorus: 37.55mg (3.75%), Copper: 0.05mg (2.61%), Vitamin E: 0.37mg (2.46%), Vitamin B5: 0.23mg (2.29%), Magnesium: 9.01mg (2.25%), Potassium: 73.32mg (2.09%), Vitamin B6: 0.03mg (1.61%), Zinc: 0.24mg (1.6%), Vitamin C: 1.29mg (1.57%), Calcium: 13.57mg (1.36%)