



Pumpkin Apple Streusel Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



18

CALORIES



53 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups apples cored peeled chopped
- ☐ 1 teaspoon baking soda
- ☐ 4 teaspoons butter
- ☐ 1 cup pumpkin puree canned
- ☐ 2 eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon pumpkin pie spice

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup sugar white

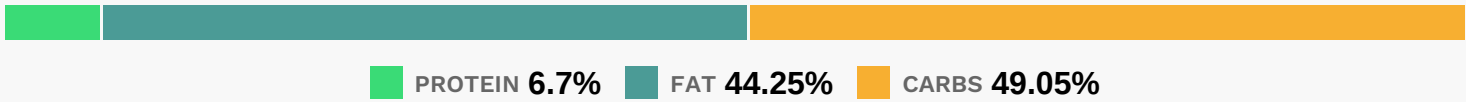
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease 18 muffin cups or use paper liners.
- ☐ In a large bowl, sift together 2 1/2 cups all-purpose flour, 2 cups sugar, pumpkin pie spice, baking soda and salt. In a separate bowl, mix together eggs, pumpkin and oil.
- ☐ Add pumpkin mixture to flour mixture; stirring just to moisten. Fold in apples. Spoon batter into prepared muffin cups.
- ☐ In a small bowl, mix together 2 tablespoons flour, 1/4 cup sugar and 1/2 teaspoon cinnamon.
- ☐ Cut in butter until mixture resembles coarse crumbs.
- ☐ Sprinkle topping evenly over muffin batter.
- ☐ Bake in preheated oven for 35 to 40 minutes, or until a toothpick inserted into a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:12.89, Glycemic Load:2.91, Inflammation Score:-8, Nutrition Score:3.5739129729893%

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: 52.52kcal (2.63%), Fat: 2.7g (4.15%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 5.9g (2.15%), Sugar: 4.71g (5.24%), Cholesterol: 20.58mg (6.86%), Sodium: 140.53mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin A: 2181IU (43.62%), Manganese: 0.09mg (4.75%), Vitamin K: 4.92µg (4.68%), Fiber: 0.83g (3.32%), Selenium: 1.9µg (2.71%), Vitamin E: 0.35mg (2.36%), Vitamin B2: 0.04mg (2.28%), Iron: 0.4mg (2.24%), Phosphorus: 17.57mg (1.76%), Vitamin C: 1.29mg (1.56%), Potassium: 53.32mg (1.52%), Folate: 5.99µg (1.5%), Vitamin B5: 0.14mg (1.43%), Magnesium: 5.11mg (1.28%), Copper: 0.03mg (1.25%), Vitamin B6: 0.02mg (1.17%), Calcium: 10.4mg (1.04%)