



Pumpkin Chip Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 15 ounce pumpkin canned
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 2 cups semi chocolate chips

- ☐ 1.5 cups vegetable oil
- ☐ 2 cups sugar white

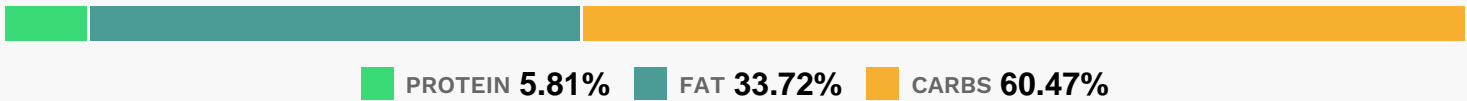
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease two 12 cup muffin pans, or line with paper baking cups.
- ☐ Beat the eggs in a large bowl, and mix in the sugar, pumpkin and oil.
- ☐ In a medium bowl, mix the flour, baking soda, baking powder, cinnamon and salt. Blend into the egg and pumpkin mixture. Fold in the chocolate chips.
- ☐ Transfer to the muffin pans.
- ☐ Bake in the preheated oven 15 to 20 minutes, or until a toothpick inserted in the center comes out clean.
- ☐ Remove muffins from pans, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:20.35, Inflammation Score:-9, Nutrition Score:8.6834781351297%

Nutrients (% of daily need)

Calories: 248.87kcal (12.44%), Fat: 9.43g (14.5%), Saturated Fat: 4g (25%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 35.85g (13.04%), Sugar: 22.8g (25.33%), Cholesterol: 28.18mg (9.39%), Sodium: 236.72mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 3.65g (7.31%), Vitamin A: 2804.87IU (56.1%), Manganese: 0.35mg (17.46%), Selenium: 8.98µg (12.83%), Copper: 0.24mg (11.77%), Iron: 2.1mg (11.67%), Vitamin B1: 0.13mg (8.98%), Magnesium: 34.94mg (8.73%), Fiber: 2.18g (8.72%), Vitamin K: 9.02µg (8.59%),

Folate: 34.17µg (8.54%), Phosphorus: 83.95mg (8.4%), Vitamin B2: 0.13mg (7.7%), Vitamin B3: 1.12mg (5.6%), Potassium: 149.17mg (4.26%), Zinc: 0.64mg (4.23%), Calcium: 41.01mg (4.1%), Vitamin E: 0.59mg (3.92%), Vitamin B5: 0.3mg (2.97%), Vitamin B6: 0.03mg (1.72%), Vitamin B12: 0.09µg (1.54%)