



Pumpkin-Chocolate Chip Muffins

READY IN



15 min.

SERVINGS



15

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup crystallized ginger minced
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 cup yogurt plain (not nonfat)
- ☐ 1 cup pumpkin puree
- ☐ 2 tablespoons pumpkin seeds

- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup pastry flour whole-wheat all-purpose (or flour)

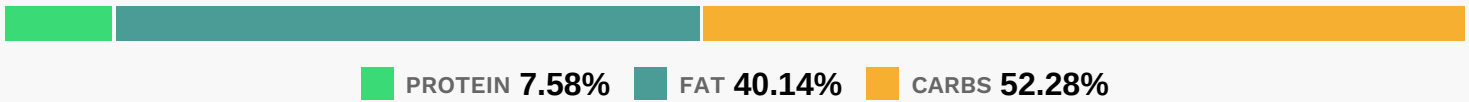
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F. Line a 12-cup muffin tin with paper liners or mist with cooking spray.
- ☐ In a large bowl, whisk both flours, brown sugar, baking powder, baking soda and salt. In a medium bowl whisk pumpkin, eggs, yogurt and oil. Stir pumpkin mixture into flour mixture until just moistened. Stir in chocolate chips and 1/4 cup ginger.
- ☐ Divide batter among muffin cups.
- ☐ Sprinkle with remaining ginger and pumpkin seeds.
- ☐ Bake until muffins are golden and a toothpick inserted into center of a muffin comes out clean, 20 to 22 minutes.
- ☐ Let cool in pan 5 minutes, then turn muffins out onto a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:4.89, Inflammation Score:-9, Nutrition Score:9.597391302171%

Nutrients (% of daily need)

Calories: 227.97kcal (11.4%), Fat: 10.33g (15.89%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 27.88g (10.14%), Sugar: 16.44g (18.27%), Cholesterol: 27.64mg (9.21%), Sodium: 192.67mg (8.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 4.39g (8.77%), Vitamin A: 2600.88IU (52.02%), Manganese: 0.55mg (27.61%), Selenium: 10.23µg (14.61%), Phosphorus: 124.47mg (12.45%), Magnesium: 46.39mg (11.6%), Copper: 0.23mg (11.58%), Iron: 1.94mg (10.79%), Vitamin K: 10.45µg (9.95%), Fiber: 2.38g (9.53%), Calcium: 76.56mg (7.66%), Vitamin B1: 0.11mg (7.62%), Vitamin B2: 0.12mg (7.15%), Folate: 24.97µg (6.24%), Zinc: 0.85mg (5.66%), Potassium: 187.56mg (5.36%), Vitamin B3: 1.04mg (5.21%), Vitamin E: 0.7mg (4.65%), Vitamin B5: 0.36mg (3.59%), Vitamin B6: 0.06mg (3.14%), Vitamin B12: 0.14µg (2.36%)