



Pumpkin Cornmeal Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 4 eggs
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.8 cup brown sugar light
- 0.5 cup milk
- 0.5 teaspoon salt

- 15 ounce solid pumpkin canned
- 0.5 cup butter unsalted softened
- 1.5 cups flour whole-wheat
- 1 cup cornmeal yellow

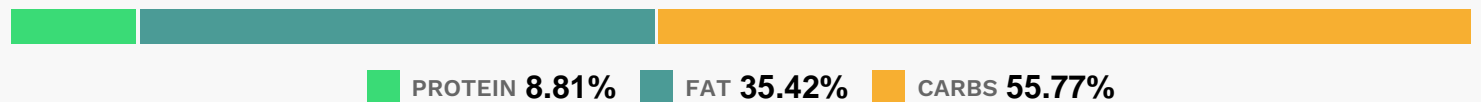
Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks
- muffin tray

Directions

- Heat oven to 350 F. If not using silicone pans, lightly coat two 6-cup muffin tins with vegetable cooking spray.
- In a large bowl, with an electric mixer on medium-high speed, beat the butter and brown sugar until light and fluffy. Reduce speed to slow, add the remaining ingredients, and beat for 3 minutes or just until smooth.
- Spoon the batter into the muffin pans.
- Bake 25 to 30 minutes or until a toothpick inserted into a muffin comes out clean.
- Remove from oven and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:16.96, Glycemic Load:6.11, Inflammation Score:-10, Nutrition Score:13.61043483278%

Nutrients (% of daily need)

Calories: 261.95kcal (13.1%), Fat: 10.65g (16.39%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 33.76g (12.28%), Sugar: 15.33g (17.03%), Cholesterol: 76.12mg (25.37%), Sodium: 291.08mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.93%), Vitamin A: 5848.99IU (116.98%), Manganese: 0.82mg (40.8%), Selenium: 15.17µg (21.68%), Fiber: 3.98g (15.93%), Phosphorus: 152.65mg (15.27%), Magnesium: 47.68mg (11.92%), Iron: 1.88mg (10.43%), Vitamin B6: 0.2mg (9.83%), Calcium: 90.68mg (9.07%), Vitamin B1: 0.14mg (9.05%), Vitamin B2: 0.14mg (8.27%), Copper: 0.15mg (7.55%), Zinc: 1.11mg (7.39%), Potassium: 227.46mg (6.5%), Vitamin K: 6.83µg (6.5%), Vitamin B3: 1.24mg (6.22%), Vitamin E: 0.92mg (6.11%), Vitamin B5: 0.6mg (6.03%), Folate: 22.69µg (5.67%), Vitamin D: 0.55µg (3.65%), Vitamin B12: 0.2µg (3.36%), Vitamin C: 1.49mg (1.81%)