



Pumpkin-Cranberry Muffins

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups flour all-purpose
- 0.8 cup sugar
- 3 teaspoons double-acting baking powder
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.3 teaspoon salt
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie filling)
- 0.5 cup vegetable oil

- 2 eggs
- 1 cup cranberries dried sweetened
- 0.5 cup pecans chopped
- 1 serving coarse salt

Equipment

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

Directions

- Heat oven to 400°F. Grease 12 regular-size muffin cups with shortening or line with paper baking cups.
- In large bowl, mix flour, sugar, baking powder, cinnamon, ginger and salt. Stir in pumpkin, oil, eggs, cranberries and pecans just until moistened. Divide batter evenly among muffin cups.
- Sprinkle coarse sugar evenly over batter in each cup.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.
- Remove muffins from pan to cooling rack.
- Serve warm.

Nutrition Facts



PROTEIN 6.13% **FAT 22.6%** **CARBS 71.27%**

Properties

Glycemic Index:21.01, Glycemic Load:20.5, Inflammation Score:-8, Nutrition Score:8.546956502873%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 237.62kcal (11.88%), Fat: 6.17g (9.5%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 40.3g (14.65%), Sugar: 20.08g (22.31%), Cholesterol: 27.28mg (9.09%), Sodium: 228.9mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin A: 1909.71IU (38.19%), Manganese: 0.52mg (26.16%), Selenium: 9.92µg (14.18%), Fiber: 3.5g (14.01%), Vitamin B1: 0.2mg (13.43%), Folate: 50.47µg (12.62%), Vitamin B2: 0.17mg (10.25%), Iron: 1.64mg (9.09%), Phosphorus: 82.69mg (8.27%), Calcium: 80.33mg (8.03%), Vitamin B3: 1.44mg (7.19%), Copper: 0.11mg (5.67%), Vitamin B5: 0.52mg (5.22%), Vitamin K: 4.4µg (4.19%), Magnesium: 15.51mg (3.88%), Vitamin B6: 0.07mg (3.58%), Zinc: 0.52mg (3.5%), Vitamin E: 0.52mg (3.45%), Potassium: 89.31mg (2.55%), Vitamin B12: 0.07µg (1.09%), Vitamin C: 0.86mg (1.05%)