



## Pumpkin Cream Cheese Muffins

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



18

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 3 tablespoons brown sugar
- 3 tablespoons butter
- 1.3 cups pumpkin canned
- 8 ounce cream cheese
- 1 eggs
- 2 eggs
- 2.5 cups flour all-purpose

- 2 teaspoons ground cinnamon
- 0.3 cup olive oil
- 3 tablespoons pecans chopped
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 2 cups sugar white

## Equipment

- bowl
- oven
- muffin liners

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour 18 muffin cups, or use paper liners.
- To make the filling: In a medium bowl, beat cream cheese until soft.
- Add egg, vanilla and brown sugar. Beat until smooth, then set aside.
- For the streusel topping: In a medium bowl, mix flour, sugar, cinnamon and pecans.
- Add butter and cut it in with a fork until crumbly. Set aside.
- For the muffin batter: In a large bowl, sift together flour, sugar, baking powder, cinnamon and salt. Make a well in the center of flour mixture and add eggs, pumpkin, olive oil and vanilla. Beat together until smooth.
- Place pumpkin mixture in muffin cups about 1/2 full. Then add one tablespoon of the cream cheese mixture right in the middle of the batter. Try to keep cream cheese from touching the paper cup.
- Sprinkle on the streusel topping.
- Bake at 375 degrees F (195 degrees C) for 20 to 25 minutes.

## Nutrition Facts



■ PROTEIN **5.39%** ■ FAT **38.83%** ■ CARBS **55.78%**

## Properties

Glycemic Index:18.28, Glycemic Load:25.41, Inflammation Score:-9, Nutrition Score:7.9847826776297%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 282.78kcal (14.14%), Fat: 12.42g (19.11%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 38.88g (14.14%), Sugar: 25.39g (28.21%), Cholesterol: 45.02mg (15.01%), Sodium: 178.87mg (7.78%), Alcohol: 0.15g (100%), Alcohol %: 0.22% (100%), Protein: 3.88g (7.75%), Vitamin A: 3093.11IU (61.86%), Selenium: 9.54µg (13.64%), Manganese: 0.27mg (13.31%), Vitamin B1: 0.16mg (10.51%), Folate: 39µg (9.75%), Vitamin B2: 0.17mg (9.75%), Iron: 1.36mg (7.55%), Vitamin E: 1.05mg (6.98%), Phosphorus: 68.27mg (6.83%), Vitamin B3: 1.14mg (5.68%), Vitamin K: 5.94µg (5.66%), Calcium: 55.73mg (5.57%), Fiber: 1.27g (5.1%), Copper: 0.08mg (3.78%), Vitamin B5: 0.35mg (3.53%), Magnesium: 12.56mg (3.14%), Potassium: 94.97mg (2.71%), Zinc: 0.4mg (2.63%), Vitamin B6: 0.04mg (2.11%), Vitamin B12: 0.1µg (1.62%)