



WHATSheATE



HEALTH SCORE

69%

Pumpkin-Cream Cheese Streusel Muffins



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



5676 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 4 tablespoons butter chilled
- ☐ 15 ounce pumpkin puree canned
- ☐ 8 ounces cream cheese softened
- ☐ 3 large eggs lightly beaten
- ☐ 3.3 cups flour all-purpose divided
- ☐ 3 teaspoons ground cinnamon divided
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 cup milk
- ☐ 1.5 teaspoons salt
- ☐ 2.8 cups sugar divided
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

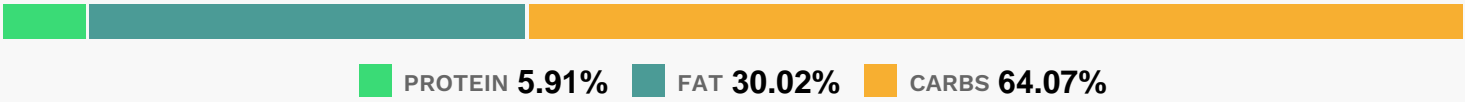
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ Line 2 (12-cup) muffin pans with paper liners.
- ☐ Stir together cream cheese, vanilla extract, and 1/2 cup sugar in a medium bowl. Set aside.
- ☐ Combine 1/2 cup sugar, 1/3 cup flour, and 1 teaspoon cinnamon in a small bowl; cut in butter with a fork or pastry blender until large crumbs form. Set aside.
- ☐ Combine remaining 3 cups flour, remaining 1 3/4 cups sugar, remaining 2 teaspoons cinnamon, cloves, and next 3 ingredients in a large bowl.
- ☐ Whisk together eggs, pumpkin, oil, and milk in a medium bowl; stir egg mixture into flour mixture just until moist. (Do not overmix.)
- ☐ Spoon half of batter into prepared muffin pans. Dollop about 1 tablespoon reserved cream cheese mixture in center of batter, and top evenly with remaining batter.
- ☐ Sprinkle with reserved streusel mixture.
- ☐ Bake 20 to 23 minutes.
- ☐ Remove from pans; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:335.09, Glycemic Load:619.83, Inflammation Score:-10, Nutrition Score:74.479565330174%

Nutrients (% of daily need)

Calories: 5675.75kcal (283.79%), Fat: 192.81g (296.62%), Saturated Fat: 89.8g (561.23%), Carbohydrates: 925.73g (308.58%), Net Carbohydrates: 898.41g (326.7%), Sugar: 579.73g (644.15%), Cholesterol: 922.1mg (307.37%), Sodium: 7047.41mg (306.41%), Alcohol: 0.69g (100%), Alcohol %: 0.04% (100%), Protein: 85.4g (170.81%), Vitamin A: 71653.83IU (1433.08%), Selenium: 214.98µg (307.12%), Manganese: 5.26mg (263.05%), Vitamin B1: 3.56mg (237.52%), Folate: 907.49µg (226.87%), Vitamin B2: 3.79mg (223.18%), Iron: 29.09mg (161.63%), Vitamin K: 162.26µg (154.53%), Vitamin B3: 26.75mg (133.74%), Phosphorus: 1282.3mg (128.23%), Fiber: 27.32g (109.26%), Vitamin E: 13.44mg (89.58%), Vitamin B5: 7.66mg (76.62%), Calcium: 716.72mg (71.67%), Copper: 1.28mg (64.1%), Magnesium: 251.99mg (63%), Potassium: 2078.88mg (59.4%), Zinc: 7.48mg (49.87%), Vitamin B6: 0.9mg (44.75%), Vitamin B12: 2.59µg (43.13%), Vitamin D: 4.34µg (28.95%), Vitamin C: 18.12mg (21.96%)