



Pumpkin Ginger Nut Muffins



Vegetarian



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups flour
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 eggs

- ☐ 1 cup brown sugar dark light (or , your choice)
- ☐ 1 cup pumpkin puree
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup water
- ☐ 1 cup pecans chopped
- ☐ 4 Tbsp candied ginger chopped well

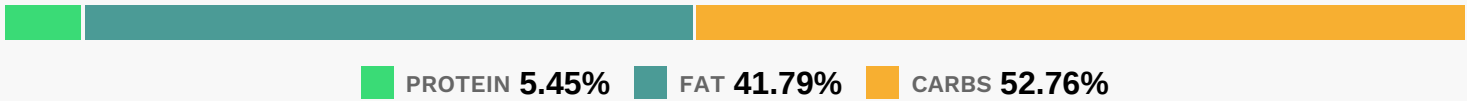
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F.
- ☐ together dry ingredients: In a medium sized bowl, whisk together the flour, salt, baking soda, and spices—ground ginger, cinnamon, allspice, nutmeg.
- ☐ Beat eggs, sugar, add pumpkin, butter, water: In a large bowl, beat the eggs and whisk in the brown sugar, making sure to break up any lumps of sugar. Stir in the pumpkin purée, melted butter, and 1/4 cup of water until well combined.
- ☐ Add dry to wet ingredients, add ginger, nuts: Stir in the dry ingredients, a third at a time, until just incorporated. Do not over-mix. Fold in the candied ginger and chopped nuts.
- ☐ Put into muffin tin and bake: Spoon mixture into a prepared muffin tin.
- ☐ Bake for 25 minutes at 350°F. Check for doneness with a toothpick inserted into the center of a muffin. If it comes out clean, it's done. Cool on a rack.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:8.68, Inflammation Score:-9, Nutrition Score:9.312173947044%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 263.86kcal (13.19%), Fat: 12.59g (19.37%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 33.79g (12.29%), Sugar: 21.44g (23.82%), Cholesterol: 40.84mg (13.61%), Sodium: 246.4mg (10.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin A: 3380.5IU (67.61%), Manganese: 0.63mg (31.67%), Vitamin B1: 0.19mg (12.74%), Selenium: 8.36µg (11.94%), Folate: 36.95µg (9.24%), Iron: 1.55mg (8.59%), Copper: 0.17mg (8.5%), Vitamin B2: 0.14mg (8%), Fiber: 1.98g (7.92%), Phosphorus: 66.46mg (6.65%), Vitamin B3: 1.15mg (5.76%), Magnesium: 22.43mg (5.61%), Zinc: 0.67mg (4.48%), Vitamin K: 4.12µg (3.93%), Potassium: 135.63mg (3.88%), Vitamin E: 0.58mg (3.85%), Vitamin B5: 0.37mg (3.73%), Calcium: 36.71mg (3.67%), Vitamin B6: 0.06mg (2.95%), Vitamin B12: 0.08µg (1.27%), Vitamin C: 1mg (1.21%)