



Pumpkin Mini Muffins

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



100

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 15 ounce pumpkin puree canned
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cups paper baking
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup vegetable oil

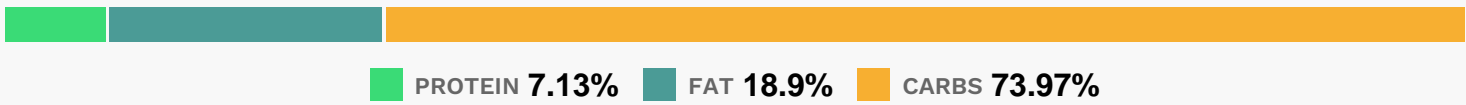
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place paper baking cups into miniature muffin pans.
- ☐ Combine flour and next 7 ingredients in a medium bowl.
- ☐ Combine pumpkin and next 4 ingredients in a large bowl.
- ☐ Add flour mixture to pumpkin mixture, stirring just until moistened. Spoon batter into cups, filling two-thirds full.
- ☐ Bake, in batches, 15 to 17 minutes.
- ☐ Let cool in pans on wire racks 5 minutes.
- ☐ Remove from pans, and let cool completely.
- ☐ Spread Maple-Cream Cheese Frosting over tops of muffins.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:2.43, Inflammation Score:-4, Nutrition Score:1.4904347658157%

Nutrients (% of daily need)

Calories: 32.98kcal (1.65%), Fat: 0.7g (1.08%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.94g (2.16%), Sugar: 3.39g (3.77%), Cholesterol: 5.6mg (1.87%), Sodium: 52.08mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin A: 670.13IU (13.4%), Manganese: 0.04mg (2.21%), Selenium: 1.45µg (2.07%), Vitamin B1: 0.03mg (1.88%), Folate: 7.32µg (1.83%), Vitamin B2: 0.03mg (1.59%), Phosphorus: 14.32mg (1.43%), Iron: 0.25mg (1.41%), Vitamin K: 1.4µg (1.33%), Vitamin B3: 0.22mg (1.11%)