



Pumpkin-Molasses Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup pumpkin canned
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.3 cup blackstrap molasses

- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt

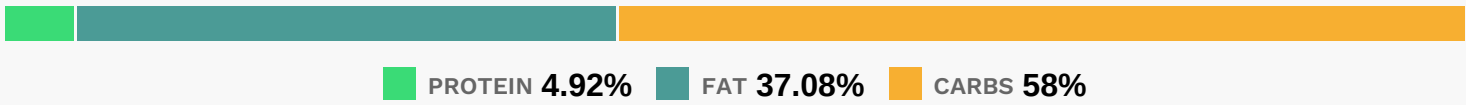
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed of an electric mixer until creamy; gradually add brown sugar, beating well.
- ☐ Add egg, beating well.
- ☐ Add pumpkin and molasses, beating well.
- ☐ Combine flour and next 3 ingredients; gradually add to pumpkin mixture, beating at medium-low just until blended. Stir in pecans. Spoon into greased muffin pans, filling three-fourths full.
- ☐ Bake at 375 for 20 minutes.
- ☐ Remove from pans immediately.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:12.38, Inflammation Score:-9, Nutrition Score:8.77608701198%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 235.98kcal (11.8%), Fat: 9.89g (15.22%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 33.5g (12.18%), Sugar: 19.41g (21.57%), Cholesterol: 15.5mg (5.17%), Sodium: 425.02mg (18.48%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin A: 3539.58IU (70.79%), Manganese: 0.42mg (20.8%), Selenium: 9.11µg (13.02%), Vitamin B1: 0.17mg (11.24%), Folate: 38.52µg (9.63%), Iron: 1.71mg (9.52%), Magnesium: 30.73mg (7.68%), Vitamin B2: 0.13mg (7.47%), Vitamin B3: 1.28mg (6.38%), Copper: 0.12mg (5.98%), Potassium: 203.05mg (5.8%), Fiber: 1.32g (5.28%), Phosphorus: 46.49mg (4.65%), Vitamin B6: 0.09mg (4.28%), Calcium: 40.78mg (4.08%), Vitamin E: 0.6mg (3.97%), Vitamin B5: 0.33mg (3.28%), Vitamin K: 3.41µg (3.25%), Zinc: 0.35mg (2.32%), Vitamin C: 0.9mg (1.09%)