

Pumpkin Muffins

 Vegetarian

READY IN



105 min.

SERVINGS



12

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 0.8 cup lowfat buttermilk
- 1 cup pumpkin canned
- 0.3 cup canola oil
- 0.8 cup brown sugar dark packed
- 2 large eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 3 tablespoons unsulphered molasses
- 0.5 teaspoon salt
- 0.3 cup pumpkin seeds raw unsalted
- 1 teaspoon vanilla extract
- 1 cup whole-grain pastry flour

Equipment

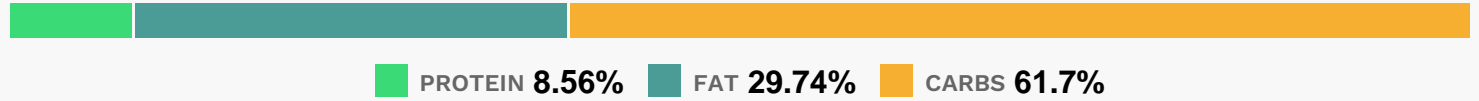
- bowl
- oven
- knife
- whisk
- wire rack
- muffin tray

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F. Coat a 12-cup muffin pan with cooking spray.
- In a medium bowl, whisk together the all-purpose and whole-wheat flours, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.
- In a large bowl, whisk the sugar, molasses, oil and 1 egg until combined.
- Add the other egg and whisk well.
- Whisk in the pumpkin and vanilla.
- Whisk in the flour mixture in 2 batches, alternating with the buttermilk.
- Whisk just until combined.
- Pour the batter into the prepared muffin pan and sprinkle with the pumpkin seeds. Tap the pan on the counter a few times to remove any air bubbles.

- Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.
- Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:7.63, Inflammation Score:-9, Nutrition Score:11.221304546232%

Nutrients (% of daily need)

Calories: 224.06kcal (11.2%), Fat: 7.59g (11.68%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 33.23g (12.08%), Sugar: 18.67g (20.74%), Cholesterol: 32.65mg (10.88%), Sodium: 223.44mg (9.71%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.92g (9.84%), Vitamin A: 3248.9IU (64.98%), Manganese: 0.79mg (39.52%), Selenium: 14.25µg (20.35%), Magnesium: 50.51mg (12.63%), Phosphorus: 114.56mg (11.46%), Iron: 1.85mg (10.26%), Vitamin B1: 0.15mg (10.08%), Fiber: 2.22g (8.89%), Vitamin B2: 0.15mg (8.66%), Vitamin E: 1.23mg (8.2%), Folate: 32.17µg (8.04%), Copper: 0.15mg (7.58%), Vitamin B3: 1.39mg (6.94%), Vitamin K: 7.11µg (6.77%), Potassium: 234.74mg (6.71%), Vitamin B6: 0.12mg (5.95%), Calcium: 57.29mg (5.73%), Zinc: 0.75mg (4.98%), Vitamin B5: 0.45mg (4.46%), Vitamin D: 0.36µg (2.41%), Vitamin B12: 0.14µg (2.39%), Vitamin C: 0.91mg (1.1%)