

Pumpkin Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup buttermilk
- ☐ 1 cup pumpkin canned
- ☐ 0.3 cup canola oil
- ☐ 2 large eggs
- ☐ 10 ounces flour all-purpose
- ☐ 1 cup golden raisins

- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

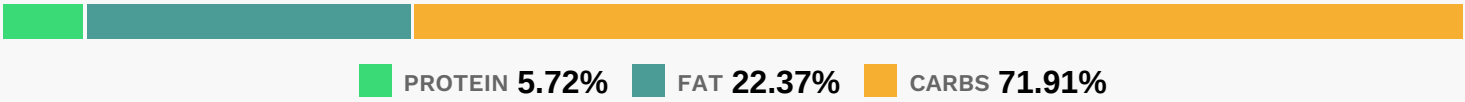
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, pumpkin pie spice, baking soda, ginger, and salt in a medium bowl, stirring well with a whisk. Stir in raisins; make a well in center of mixture.
- ☐ Combine brown sugar, canned pumpkin, buttermilk, canola oil, molasses, vanilla extract, and eggs, stirring well with a whisk.
- ☐ Add sugar mixture to flour mixture; stir just until moist.
- ☐ Spoon batter into 18 muffin cups coated with cooking spray.
- ☐ Sprinkle with granulated sugar.
- ☐ Bake at 400 for 15 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove muffins from pans immediately; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:14.68, Inflammation Score:-8, Nutrition Score:7.1617390902146%

Flavonoids

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 200.58kcal (10.03%), Fat: 5.09g (7.84%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 35.67g (12.97%), Sugar: 22.23g (24.7%), Cholesterol: 21.16mg (7.05%), Sodium: 143.35mg (6.23%), Alcohol: 0.08g (100%), Alcohol %: 0.14% (100%), Protein: 2.93g (5.86%), Vitamin A: 2156.24IU (43.12%), Manganese: 0.31mg (15.33%), Selenium: 8.39µg (11.99%), Vitamin B1: 0.13mg (8.94%), Iron: 1.54mg (8.54%), Folate: 33.72µg (8.43%), Vitamin B2: 0.13mg (7.92%), Vitamin E: 0.96mg (6.37%), Potassium: 206.55mg (5.9%), Magnesium: 23.52mg (5.88%), Vitamin B3: 1.15mg (5.77%), Vitamin K: 5.56µg (5.29%), Copper: 0.1mg (5.1%), Phosphorus: 48.22mg (4.82%), Fiber: 1.19g (4.76%), Vitamin B6: 0.09mg (4.48%), Calcium: 39.83mg (3.98%), Vitamin B5: 0.29mg (2.91%), Zinc: 0.27mg (1.83%), Vitamin B12: 0.07µg (1.16%), Vitamin D: 0.17µg (1.13%), Vitamin C: 0.88mg (1.07%)