



Pumpkin Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups flour whole wheat
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons baking soda
- ☐ 1.3 teaspoons kosher salt (coarse)
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 1.1 teaspoons nutmeg
- ☐ 0.8 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 1.5 cups sugar
- ☐ 0.7 cup canola oil
- ☐ 0.5 cup water
- ☐ 3 eggs
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)

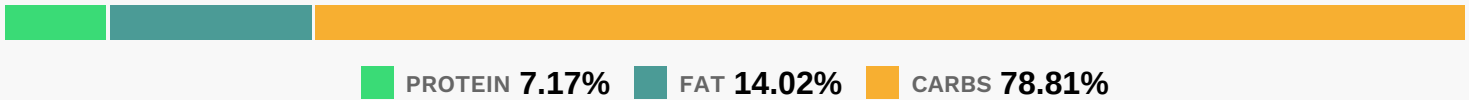
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, mix flours, baking soda, salt, cinnamon, nutmeg, cloves and ginger; make well in center of mixture. In medium bowl, stir sugar, oil, water and eggs with whisk. Stir in pumpkin; add to flour mixture, stirring just until moistened. Divide batter evenly among muffin cups.
- ☐ Bake 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pans to cooling racks.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:11.62, Inflammation Score:-7, Nutrition Score:5.7165217529172%

Nutrients (% of daily need)

Calories: 130.94kcal (6.55%), Fat: 2.11g (3.25%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 24.22g (8.81%), Sugar: 12.57g (13.97%), Cholesterol: 20.46mg (6.82%), Sodium: 235.02mg (10.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin A: 1501.17IU (30.02%), Manganese: 0.49mg (24.32%), Selenium: 8.39µg (11.99%), Fiber: 2.52g (10.06%), Vitamin B1: 0.08mg (5.6%), Folate: 21.72µg (5.43%), Phosphorus: 51.66mg (5.17%), Vitamin B2: 0.09mg (5.11%), Iron: 0.83mg (4.61%), Magnesium: 15.45mg (3.86%), Vitamin B3: 0.76mg (3.79%), Vitamin B6: 0.07mg (3.56%), Vitamin B5: 0.35mg (3.55%), Copper: 0.06mg (2.89%), Zinc: 0.36mg (2.39%), Vitamin E: 0.34mg (2.27%), Potassium: 67.08mg (1.92%), Calcium: 14.97mg (1.5%), Vitamin K: 1.18µg (1.13%)