



Pumpkin Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 24 servings brown sugar
- ☐ 15 ounce pumpkin canned
- ☐ 2 cups dates chopped
- ☐ 4 large eggs
- ☐ 1 cup pecans toasted chopped
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 3 cups self-rising flour
- ☐ 2 cups sugar

☐ 0.5 cup vegetable oil

Equipment

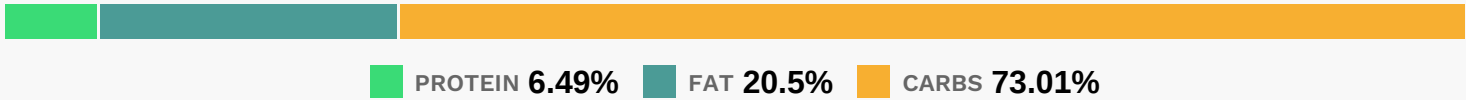
☐ bowl

☐ oven

Directions

- ☐ Stir together first 3 ingredients in a large bowl, and make a well in center of mixture.
- ☐ Stir together eggs, oil, and pumpkin; add to dry ingredients, stirring just until moistened. Stir in dates and pecans.
- ☐ Place paper baking cups in muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- ☐ Sprinkle with brown sugar.
- ☐ Bake at 400 for 18 to 20 minutes.
- ☐ Remove from pans immediately, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:23.26, Inflammation Score:-9, Nutrition Score:7.2030434504799%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 228.24kcal (11.41%), Fat: 5.4g (8.31%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 40.96g (14.89%), Sugar: 29.14g (32.37%), Cholesterol: 31mg (10.33%), Sodium: 14.65mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin A: 2807.04IU (56.14%), Manganese:

0.42mg (20.93%), Selenium: 9.54µg (13.62%), Fiber: 2.33g (9.32%), Copper: 0.14mg (6.85%), Phosphorus: 58.39mg (5.84%), Magnesium: 20.33mg (5.08%), Vitamin K: 5.11µg (4.87%), Potassium: 169.36mg (4.84%), Iron: 0.84mg (4.68%), Vitamin B2: 0.07mg (4.38%), Vitamin B5: 0.38mg (3.84%), Vitamin B1: 0.06mg (3.78%), Folate: 14.61µg (3.65%), Zinc: 0.52mg (3.46%), Vitamin E: 0.49mg (3.23%), Vitamin B6: 0.06mg (3.1%), Calcium: 24.2mg (2.42%), Vitamin B3: 0.44mg (2.22%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%), Vitamin C: 0.88mg (1.07%)