

## Pumpkin Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 teaspoons brown sugar
- ☐ 1 cup pumpkin canned
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.3 cup milk fat-free
- ☐ 2.8 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream fat-free sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

## Equipment

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

## Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through salt) in a medium bowl, stirring with a whisk. Make a well in center of mixture.
- ☐ Combine pumpkin and next 6 ingredients (pumpkin through egg white); add to flour mixture, stirring just until moist. Spoon the batter into 18 muffin cups coated with cooking spray.
- ☐ Combine 1 tablespoon granulated sugar and brown sugar; sprinkle over muffins.
- ☐ Bake at 375 for 25 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately; cool on a wire rack.

## Nutrition Facts



 **PROTEIN 7.65%**  **FAT 19.59%**  **CARBS 72.76%**

## Properties

Glycemic Index:19.19, Glycemic Load:19.01, Inflammation Score:-8, Nutrition Score:6.415217316669%

## Nutrients (% of daily need)

Calories: 162.35kcal (8.12%), Fat: 3.56g (5.48%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 28.81g (10.48%), Sugar: 12.9g (14.33%), Cholesterol: 11.33mg (3.78%), Sodium: 219.73mg (9.55%), Alcohol: 0.08g (100%), Alcohol %: 0.14% (100%), Protein: 3.13g (6.26%), Vitamin A: 2167.32IU (43.35%), Selenium: 8.43µg (12.04%), Vitamin B1: 0.16mg (10.72%), Folate: 39.12µg (9.78%), Manganese: 0.17mg (8.62%), Vitamin B2: 0.15mg (8.54%), Vitamin K: 7.85µg (7.47%), Iron: 1.22mg (6.77%), Calcium: 66.8mg (6.68%), Phosphorus: 59.83mg (5.98%), Vitamin B3: 1.2mg (5.98%), Fiber: 0.97g (3.88%), Vitamin E: 0.44mg (2.9%), Magnesium: 9.67mg (2.42%), Copper: 0.05mg (2.39%), Potassium: 76.87mg (2.2%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.27mg (1.77%), Vitamin B12: 0.08µg (1.36%), Vitamin B6: 0.03mg (1.29%)