

## Pumpkin Muffins

READY IN



35 min.

SERVINGS



18

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 7.5 ounce corn bread mix jiffy® (such as )
- ☐ 1 eggs
- ☐ 1 pinch ground cinnamon
- ☐ 0.3 cup milk
- ☐ 3 tablespoons sugar white divided
- ☐ 18 ounce duncan hines classic decadent cake mix yellow

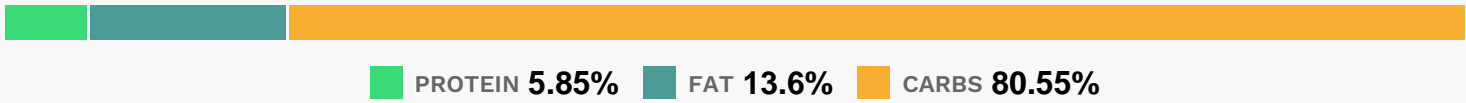
### Equipment

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

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray 18 muffin cups with cooking spray.
- ☐ Stir yellow cake mix, corn bread mix, pumpkin, milk, egg, and cinnamon in a bowl until batter is thoroughly combined; fold in pineapple and raisins. Scoop batter into prepared muffin cups, filling them about 2/3 full.
- ☐ Sprinkle each muffin with 1/2 teaspoon sugar for a crunchy top.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean or with moist crumbs, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.28, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:7.8560869823331%

## Nutrients (% of daily need)

Calories: 175.67kcal (8.78%), Fat: 2.68g (4.12%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 35.71g (11.9%), Net Carbohydrates: 33.91g (12.33%), Sugar: 17.68g (19.64%), Cholesterol: 9.87mg (3.29%), Sodium: 309.28mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin A: 3710.83IU (74.22%), Phosphorus: 163.33mg (16.33%), Folate: 34.25µg (8.56%), Vitamin B1: 0.13mg (8.34%), Calcium: 79.75mg (7.98%), Vitamin B2: 0.13mg (7.54%), Fiber: 1.8g (7.2%), Iron: 1.26mg (6.99%), Manganese: 0.13mg (6.47%), Vitamin B3: 1.14mg (5.72%), Vitamin K: 5.22µg (4.97%), Vitamin E: 0.56mg (3.72%), Selenium: 2.46µg (3.51%), Vitamin B5: 0.31mg (3.09%), Magnesium: 11.95mg (2.99%), Copper: 0.06mg (2.89%), Vitamin B6: 0.06mg (2.86%), Potassium: 85.58mg (2.45%), Zinc: 0.23mg (1.56%), Vitamin B12: 0.09µg (1.42%), Vitamin C: 1mg (1.22%)