

Pumpkin Muffins

READY IN



35 min.

SERVINGS



18

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 ounce pineapple crushed drained canned
- ☐ 15 ounce pumpkin puree canned
- ☐ 7.5 ounce corn bread mix jiffy® (such as)
- ☐ 1 eggs
- ☐ 1 cup golden raisins
- ☐ 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:9.43, Glycemic Load:4.92, Inflammation Score:-9, Nutrition Score:8.6686955508978%

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: 207.56kcal (10.38%), Fat: 2.73g (4.2%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 41.79g (15.2%), Sugar: 24.24g (26.94%), Cholesterol: 9.87mg (3.29%), Sodium: 310.37mg (13.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin A: 3717.13IU (74.34%), Phosphorus: 173.47mg (17.35%), Vitamin B1: 0.14mg (9.24%), Fiber: 2.29g (9.14%), Folate: 35.12µg (8.78%), Vitamin B2: 0.15mg (8.6%), Calcium: 86.04mg (8.6%), Iron: 1.44mg (7.99%), Manganese: 0.15mg (7.71%), Vitamin B3: 1.27mg (6.36%), Vitamin K: 5.59µg (5.32%), Copper: 0.1mg (5.02%), Vitamin B6: 0.09mg (4.63%), Potassium: 161.3mg (4.61%), Magnesium: 16.66mg (4.16%), Vitamin E: 0.57mg (3.8%), Selenium: 2.56µg (3.66%), Vitamin B5: 0.32mg (3.2%),

Vitamin C: 2.45mg (2.97%), Zinc: 0.27mg (1.82%), Vitamin B12: 0.09µg (1.42%)