

Pumpkin Muffins II



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons ground cloves
- ☐ 2 teaspoons ground nutmeg

- ☐ 1 teaspoon salt
- ☐ 1 small pumpkin seeded
- ☐ 0.7 cup vegetable oil
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- ☐ Split pumpkin in half.
- ☐ Remove seeds and strings.
- ☐ Place on baking sheet, cut side down. Cover with foil and bake in preheated oven until tender, about 90 minutes.
- ☐ Remove pumpkin pulp and puree in blender. Measure out 2 cups pumpkin puree; set aside.
- ☐ In a large bowl, stir together flour, sugar, baking soda, baking powder, cloves, cinnamon, nutmeg, allspice and salt. In a separate bowl, beat together 2 cups pumpkin puree, vegetable oil and eggs. Stir pumpkin mixture into flour mixture until smooth. Scoop batter into prepared muffin cups.
- ☐ Bake in preheated oven for 20 to 25 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Nutrition Facts



 PROTEIN 7.22%  FAT 11.67%  CARBS 81.11%

Properties

Glycemic Index:33.26, Glycemic Load:45.54, Inflammation Score:-10, Nutrition Score:14.862173831981%

Flavonoids

Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg

Nutrients (% of daily need)

Calories: 312.71kcal (15.64%), Fat: 4.18g (6.43%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 65.31g (21.77%), Net Carbohydrates: 63.5g (23.09%), Sugar: 36.63g (40.7%), Cholesterol: 40.92mg (13.64%), Sodium: 412.71mg (17.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin A: 9710.22IU (194.2%), Manganese: 0.63mg (31.65%), Selenium: 14.56µg (20.8%), Vitamin B1: 0.31mg (20.55%), Folate: 80.91µg (20.23%), Vitamin B2: 0.34mg (19.81%), Iron: 2.68mg (14.86%), Vitamin B3: 2.55mg (12.76%), Potassium: 442.43mg (12.64%), Vitamin C: 10.29mg (12.47%), Phosphorus: 110.51mg (11.05%), Vitamin E: 1.57mg (10.47%), Copper: 0.21mg (10.3%), Fiber: 1.81g (7.22%), Vitamin B5: 0.65mg (6.46%), Vitamin K: 6.4µg (6.1%), Magnesium: 23.74mg (5.94%), Vitamin B6: 0.1mg (5.21%), Calcium: 52.06mg (5.21%), Zinc: 0.75mg (5%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)