



Pumpkin Muffins with Pecan Streusel Topping

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



55 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 egg whites
- ☐ 0.5 cup oat bran
- ☐ 8 pecans finely chopped
- ☐ 0.7 cup pumpkin mashed
- ☐ 2 teaspoons pumpkin pie spice

- ☐ 1 cup skim milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 tablespoons flour whole wheat

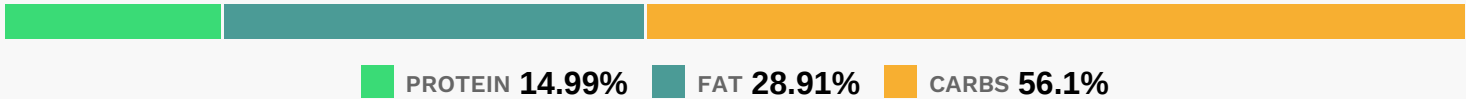
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine the flour, oat bran, brown sugar, and baking powder; stir to mix well.
- ☐ Add the remaining ingredients and stir until the dry ingredients are just moistened.
- ☐ In a small separate bowl, combine the pecan halves, butter, and remaining brown sugar and whole wheat flour. Mash with fork until crumbly.
- ☐ Grease muffin tin or line with 12 paper liners. Fill each liner 3/4 full with batter.
- ☐ Sprinkle topping evenly on muffins.
- ☐ Bake for 17 to 20 minutes, or until a wooden toothpick inserted in the center of the muffin comes out clean.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:4.3404348596283%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin:

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Nutrients (% of daily need)

Calories: 55.34kcal (2.77%), Fat: 2.07g (3.18%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 9.02g (3.01%), Net
Carbohydrates: 7.98g (2.9%), Sugar: 4.34g (4.82%), Cholesterol: 3.12mg (1.04%), Sodium: 131.5mg (5.72%), Alcohol:
0.11g (100%), Alcohol %: 0.33% (100%), Protein: 2.41g (4.82%), Manganese: 0.42mg (21.2%), Vitamin A: 620.89IU
(12.42%), Calcium: 96.34mg (9.63%), Phosphorus: 90.56mg (9.06%), Selenium: 4.34µg (6.21%), Vitamin B1: 0.08mg
(5.63%), Magnesium: 18.91mg (4.73%), Vitamin B2: 0.07mg (4.15%), Fiber: 1.04g (4.15%), Iron: 0.58mg (3.22%),
Potassium: 106.63mg (3.05%), Copper: 0.05mg (2.4%), Zinc: 0.34mg (2.3%), Vitamin B12: 0.12µg (2.08%), Vitamin
B5: 0.19mg (1.95%), Vitamin B6: 0.03mg (1.62%), Vitamin D: 0.22µg (1.5%), Folate: 4.97µg (1.24%), Vitamin E: 0.17mg
(1.14%)