



WHATSheATE



Pumpkin-Raisin Muffins



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup pumpkin canned
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup orange juice

- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt

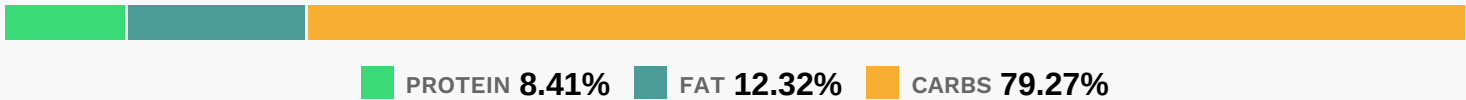
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a large bowl; stir in raisins. Make a well in center of mixture.
- ☐ Combine egg and next 3 ingredients in a small bowl.
- ☐ Add to dry ingredients, stirring just until dry ingredients are moistened (batter will be very thick).
- ☐ Spoon batter into muffin pans coated with cooking spray, filling two-thirds full.
- ☐ Bake at 400 for 15 minutes.
- ☐ Note: Do you have a tough time getting out the door to exercise in the morning? It helps if you can keep in mind just how good exercise is for you. Scientific research has shown that exercise helps reduce your risk of heart disease, high blood pressure, stroke, adult-onset diabetes, osteoporosis, and cancer. So put on your jogging shoes--then enjoy a healthy muffin and juice when you return.

Nutrition Facts



Properties

Glycemic Index:23.15, Glycemic Load:10.77, Inflammation Score:-8, Nutrition Score:5.3121738667073%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 113.97kcal (5.7%), Fat: 1.58g (2.44%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 21.88g (7.96%), Sugar: 6.92g (7.69%), Cholesterol: 15.5mg (5.17%), Sodium: 150.16mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin A: 1667.39IU (33.35%), Selenium: 6.75µg (9.64%), Vitamin B1: 0.14mg (9.2%), Manganese: 0.18mg (8.92%), Folate: 34.1µg (8.52%), Iron: 1.19mg (6.6%), Vitamin B2: 0.11mg (6.58%), Vitamin B3: 1.05mg (5.24%), Vitamin C: 4.15mg (5.03%), Fiber: 1.04g (4.17%), Phosphorus: 41mg (4.1%), Calcium: 35.96mg (3.6%), Potassium: 100.86mg (2.88%), Copper: 0.06mg (2.79%), Magnesium: 9.27mg (2.32%), Vitamin B5: 0.2mg (1.97%), Vitamin K: 1.77µg (1.69%), Vitamin B6: 0.03mg (1.68%), Vitamin E: 0.21mg (1.37%), Zinc: 0.2mg (1.33%)