



Pumpkin-Spice Muffins

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.3 cup sugar
- ☐ 0.3 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 eggs
- ☐ 0.5 cup raisins

☐ 2 cups frangelico

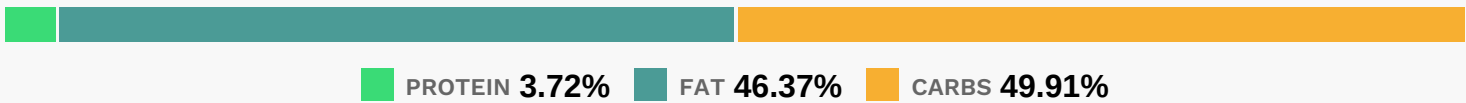
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups, or place paper baking cup in each muffin cup.
- ☐ Stir all ingredients except raisins just until moistened. Stir in raisins. Fill muffin cups about 3/4 full.
- ☐ Bake 15 to 20 minutes or until golden brown. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:14.32, Glycemic Load:5.55, Inflammation Score:-6, Nutrition Score:3.112608715244%

Nutrients (% of daily need)

Calories: 95.98kcal (4.8%), Fat: 5.18g (7.97%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 11.07g (4.03%), Sugar: 4.46g (4.95%), Cholesterol: 14.25mg (4.75%), Sodium: 32.54mg (1.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin A: 963.11IU (19.26%), Vitamin K: 8.55µg (8.14%), Manganese: 0.16mg (7.82%), Fiber: 1.46g (5.85%), Vitamin B2: 0.05mg (2.91%), Vitamin E: 0.42mg (2.83%), Iron: 0.45mg (2.49%), Potassium: 81.81mg (2.34%), Phosphorus: 22.63mg (2.26%), Selenium: 1.46µg (2.08%), Vitamin B5: 0.21mg (2.06%), Vitamin B6: 0.04mg (2.04%), Calcium: 18.45mg (1.84%), Copper: 0.03mg (1.58%), Folate: 5.97µg (1.49%), Magnesium: 5.39mg (1.35%), Vitamin C: 0.84mg (1.02%)