



# Pumpkin Streusel Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 1 tablespoon butter cold
- 0.5 cup pumpkin puree canned
- 0.3 cup canola oil
- 3 ounces cream cheese cut into 12 cubes
- 1 eggs

- 1.8 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 cup milk
- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 0.5 cup sugar

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

## Directions

- In a bowl, combine the first six ingredients. In another bowl, beat the egg; add milk, pumpkin and oil. Stir into dry ingredients just until moistened. Fill 12 greased or paper-lined muffin cups half full.
- Place a cream cheese cube in the center of each. Top with remaining batter.
- For streusel, combine brown sugar, pecans and cinnamon in a small bowl.
- Cut in butter until crumbly.
- Sprinkle over batter.
- Bake at 400° for 18–22 minutes or until a toothpick inserted in the muffin comes out clean. Cool for 5 minutes before removing from pan to wire rack.

## Nutrition Facts

**PROTEIN 5.37%** **FAT 42.45%** **CARBS 52.18%**

## Properties

Glycemic Index:36.42, Glycemic Load:16.45, Inflammation Score:-8, Nutrition Score:7.0247826602148%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 253.33kcal (12.67%), Fat: 12.18g (18.74%), Saturated Fat: 3g (18.74%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 32.58g (11.85%), Sugar: 18.48g (20.54%), Cholesterol: 24.53mg (8.18%), Sodium: 245.28mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin A: 1751.18IU (35.02%), Manganese: 0.28mg (14.1%), Selenium: 8.42µg (12.02%), Vitamin B1: 0.17mg (11.31%), Calcium: 97.03mg (9.7%), Folate: 37.65µg (9.41%), Vitamin E: 1.38mg (9.17%), Vitamin B2: 0.15mg (8.69%), Phosphorus: 77.5mg (7.75%), Iron: 1.31mg (7.3%), Vitamin K: 6.53µg (6.22%), Vitamin B3: 1.17mg (5.87%), Fiber: 1.11g (4.46%), Copper: 0.07mg (3.75%), Magnesium: 12.78mg (3.19%), Vitamin B5: 0.29mg (2.89%), Potassium: 93.38mg (2.67%), Zinc: 0.38mg (2.55%), Vitamin B6: 0.04mg (1.96%), Vitamin B12: 0.11µg (1.75%), Vitamin D: 0.19µg (1.23%)