



WHATSheATE



Pumpkin Streusel Muffins



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 2 tablespoons brown sugar light
- ☐ 1.5 tablespoons butter light melted
- ☐ 0.5 cup milk 1% low-fat

- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.3 cup oats
- ☐ 1 cup oats
- ☐ 0.3 teaspoon salt
- ☐ 2 cups self raising flour

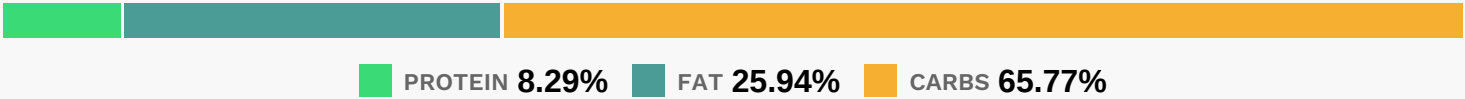
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients, stirring until dry ingredients are moistened and mixture holds together; set aside.
- ☐ Lightly spoon self-rising flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour and next 4 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine pumpkin and next 3 ingredients; stir with a whisk.
- ☐ Add to flour mixture, stirring just until moist.
- ☐ Spoon batter evenly into 16 muffin cups coated with cooking spray.
- ☐ Sprinkle evenly with oat mixture.
- ☐ Bake at 400 for 22 to 25 minutes or until golden. Cool muffins in pan on a wire rack 5 minutes; remove from pans, and place on wire rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:10.44, Inflammation Score:-10, Nutrition Score:8.8673913219701%

Nutrients (% of daily need)

Calories: 184.79kcal (9.24%), Fat: 5.43g (8.35%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 29.13g (10.59%), Sugar: 12.88g (14.31%), Cholesterol: 13.39mg (4.46%), Sodium: 49.42mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin A: 4190.87IU (83.82%), Manganese: 0.51mg (25.43%), Selenium: 10.22µg (14.6%), Magnesium: 31.2mg (7.8%), Fiber: 1.84g (7.37%), Phosphorus: 71.41mg (7.14%), Vitamin E: 1.06mg (7.1%), Vitamin K: 7.16µg (6.82%), Iron: 1.07mg (5.94%), Copper: 0.09mg (4.62%), Vitamin B1: 0.07mg (4.58%), Potassium: 129.91mg (3.71%), Vitamin B2: 0.06mg (3.67%), Calcium: 35.77mg (3.58%), Folate: 14.03µg (3.51%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.32mg (3.17%), Vitamin B6: 0.04mg (2.18%), Vitamin B3: 0.39mg (1.97%), Vitamin C: 1.17mg (1.42%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.16µg (1.04%)