



Pumpkin Wheat Honey Muffins

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 0.8 cup pumpkin puree canned
- 2 eggs
- 0.5 cup honey
- 1 teaspoon pumpkin pie spice

- 0.5 cup raisins
- 0.5 teaspoon salt
- 0.5 cup vegetable oil
- 0.5 cup walnut pieces chopped
- 1.5 cups flour whole wheat

Equipment

- bowl
- frying pan
- oven
- muffin liners
- muffin tray

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan, or line with paper liners.
- Place the raisins in a cup, and add enough hot water to cover.
- Let stand for a few minutes to plump.
- In a large bowl, stir together the whole wheat flour, brown sugar, pumpkin pie spice, baking powder, baking soda and salt. Make a well in the center, and put in eggs, pumpkin, oil and honey.
- Mix just until the dry ingredients are absorbed.
- Drain excess water from raisins, and stir in along with the walnuts. Spoon into muffin cups so they are about 2/3 full.
- Bake for 18 minutes in the preheated oven, or until the tops spring back when lightly touched. Cool in the pan before removing from cups.

Nutrition Facts



PROTEIN 6.2% FAT 21.27% CARBS 72.53%

Properties

Glycemic Index:18.59, Glycemic Load:8.75, Inflammation Score:-9, Nutrition Score:9.4621739076531%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 245.83kcal (12.29%), Fat: 6.16g (9.48%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 47.3g (15.77%), Net Carbohydrates: 44.46g (16.17%), Sugar: 30.11g (33.46%), Cholesterol: 27.28mg (9.09%), Sodium: 188.05mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin A: 2425.44IU (48.51%), Manganese: 0.87mg (43.36%), Selenium: 12.21µg (17.44%), Fiber: 2.84g (11.36%), Phosphorus: 101.8mg (10.18%), Copper: 0.19mg (9.68%), Magnesium: 36.7mg (9.17%), Iron: 1.43mg (7.95%), Vitamin B1: 0.11mg (7.03%), Vitamin B6: 0.13mg (6.56%), Vitamin K: 6.28µg (5.98%), Potassium: 200.36mg (5.72%), Vitamin B2: 0.09mg (5.32%), Calcium: 51.61mg (5.16%), Vitamin B3: 0.97mg (4.84%), Zinc: 0.71mg (4.75%), Folate: 17.35µg (4.34%), Vitamin E: 0.53mg (3.55%), Vitamin B5: 0.33mg (3.28%), Vitamin C: 1.14mg (1.38%), Vitamin B12: 0.07µg (1.09%)