



WHATSheATE



Raspberry and Cream Swirled Pumpkin Muffins



Vegetarian



Popular

READY IN



45 min.

SERVINGS



18

CALORIES



73 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 4 ounces cream cheese softened
- ☐ 2 large eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.8 cup greek yogurt plain 2%
- ☐ 1 cup pumpkin puree
- ☐ 0.5 cup driscoll's raspberries dried rinsed
- ☐ 1 teaspoon vanilla extract pure

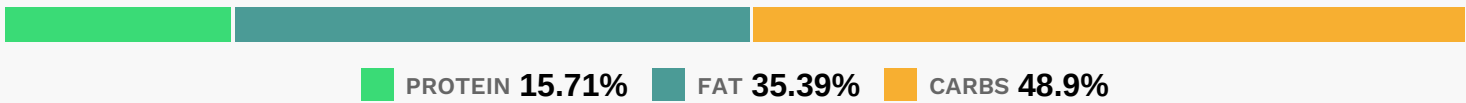
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ aluminum foil
- ☐ skewers
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F. and line 18 cupcake cups with liners (foil liners recommended). If using paper liners, spray liners lightly with cooking spray before filling with batter.In a large mixing bowl, beat yogurt, eggs and vanilla until well combined. Stir in pumpkin and cinnamon. Slowly add flour, sugar, baking soda and salt, stirring until well combined. Fill liners 1/2 full with batter.To prepare raspberry cream cheese, beat softened cream cheese with sugar until well combined. Stir and smash raspberries into cream until combined and berries broken down.
- ☐ Place 1 teaspoon raspberry cream on top of filled cups. Take a toothpick or skewer and swirl cream throughout batter.
- ☐ Bake for 28–33 minutes, or until baked though.
- ☐ Remove and let cool.
- ☐ Serve room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:4.91, Inflammation Score:-8, Nutrition Score:4.7508694866429%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 72.63kcal (3.63%), Fat: 2.86g (4.4%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.06g (2.93%), Sugar: 2.51g (2.78%), Cholesterol: 27.45mg (9.15%), Sodium: 124.66mg (5.42%), Alcohol: 0.08g (100%), Alcohol %: 0.21% (100%), Protein: 2.86g (5.71%), Vitamin A: 2234.5IU (44.69%), Selenium: 5.5µg (7.85%), Vitamin B2: 0.11mg (6.28%), Manganese: 0.1mg (5.17%), Folate: 18.81µg (4.7%), Vitamin B1: 0.06mg (4.29%), Phosphorus: 42.35mg (4.24%), Iron: 0.65mg (3.61%), Fiber: 0.83g (3.31%), Vitamin B3: 0.51mg (2.55%), Vitamin K: 2.62µg (2.5%), Vitamin B5: 0.24mg (2.45%), Calcium: 24.5mg (2.45%), Vitamin B12: 0.12µg (2.03%), Potassium: 68.84mg (1.97%), Vitamin E: 0.29mg (1.95%), Magnesium: 7.6mg (1.9%), Vitamin C: 1.45mg (1.75%), Copper: 0.03mg (1.73%), Zinc: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.55%)