



Single-Serving Pumpkin Muffin

 Vegetarian

READY IN



21 min.

SERVINGS



1

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 tbsp brown sugar
- ☐ 2 tbsp pumpkin pure canned
- ☐ 1 tbsp maple syrup pure
- ☐ 1 tbsp plant-based milk
- ☐ 0.5 tsp pumpkin pie spice
- ☐ 3 tbsp flour whole wheat white ()

Equipment

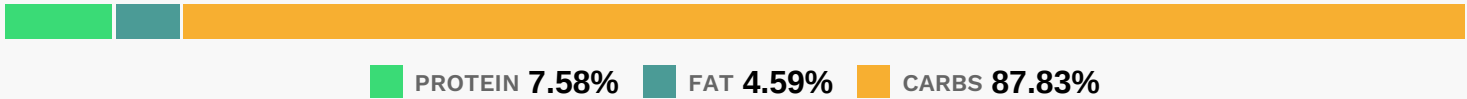
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ measuring cup
- ☐ toaster

Directions

☐ Preheat oven or toaster oven to 350F. Grease a single muffin cup or place a paper liner in a metal measuring cup. In a small bowl, whisk dry ingredients together (flour, baking powder, pumpkin pie spice) then add remaining ingredients. Stir until combined, adding a little extra nondairy milk if necessary. Gently spoon into muffin cup and bake 15–18 minutes, until firm to the touch and a toothpick inserted in the center comes out clean.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 40g
 - ☐ Carbohydrate
 - ☐ 30gDietary Fiber2.10gSugars22.50gProtein3.30g

Nutrition Facts



Properties

Glycemic Index:166.5, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:9.4069566726685%

Nutrients (% of daily need)

Calories: 197.24kcal (9.86%), Fat: 1.05g (1.61%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 41.78g (15.19%), Sugar: 25.4g (28.22%), Cholesterol: 1.8mg (0.6%), Sodium: 134.7mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Vitamin A: 4695.42IU (93.91%), Manganese: 0.65mg (32.39%), Vitamin B2: 0.29mg (17.18%), Calcium: 146.38mg (14.64%), Fiber: 3.25g (12.99%), Iron: 1.35mg (7.47%), Phosphorus: 52.33mg (5.23%), Potassium: 175.88mg (5.03%), Vitamin K: 5.09µg (4.84%), Magnesium:

15.45mg (3.86%), Vitamin E: 0.34mg (2.28%), Copper: 0.04mg (2.11%), Vitamin B1: 0.03mg (1.99%), Vitamin B5: 0.19mg (1.92%), Zinc: 0.28mg (1.84%), Vitamin C: 1.46mg (1.77%), Vitamin B6: 0.03mg (1.71%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.1%)