



Spiced Butternut Squash Muffins

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 0.5 pound butternut squash cubed peeled seeded
- ☐ 1 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.3 teaspoon salt

☐ 0.5 cup sugar white

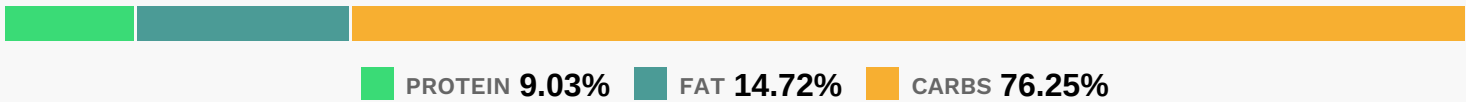
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 12 cup muffin pan.
- ☐ In a medium saucepan with enough water to cover, boil squash 20 minutes, or until tender.
- ☐ Remove from heat, drain, and puree in a food processor.
- ☐ In a large bowl, whisk together flour, baking powder, white sugar, salt and pumpkin pie spice.
- ☐ In a medium bowl, thoroughly mix together milk, egg and butter. Stir in squash. Fold the squash mixture into the flour mixture just until moistened.
- ☐ Spoon the batter into the prepared muffin pan, filling cups about 1/2 full.
- ☐ Bake 20 minutes in the preheated oven, or until a toothpick inserted in the center of a muffin comes out clean.
- ☐ Remove from muffin pan and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:14.88, Inflammation Score:-8, Nutrition Score:6.225652107726%

Nutrients (% of daily need)

Calories: 121.71kcal (6.09%), Fat: 2.02g (3.11%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 22.74g (8.27%), Sugar: 9.55g (10.61%), Cholesterol: 17.98mg (5.99%), Sodium: 138.94mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Vitamin A: 2083.57IU (41.67%), Vitamin B1: 0.15mg (10.14%), Manganese: 0.2mg (9.99%), Selenium: 6.9µg (9.86%), Folate: 35.53µg (8.88%), Calcium: 74.07mg (7.41%), Vitamin B2: 0.12mg (7.13%), Phosphorus: 61.05mg (6.11%), Iron: 1.07mg (5.92%), Vitamin B3: 1.18mg (5.88%), Vitamin C: 4.05mg (4.91%), Fiber: 0.85g (3.4%), Potassium: 113.98mg (3.26%), Magnesium: 12.79mg (3.2%), Vitamin B6: 0.05mg (2.64%), Vitamin B5: 0.26mg (2.58%), Vitamin E: 0.36mg (2.41%), Copper: 0.04mg (2.06%), Vitamin B12: 0.12µg (1.95%), Zinc: 0.26mg (1.72%), Vitamin D: 0.24µg (1.61%)