



Spiced Persimmon and Pecan Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup brown sugar dark packed
- ☐ 0.5 cup cranberries dried
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup yogurt plain fat-free
- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons ginger fresh grated peeled

- ☐ 0.5 cup fuyu persimmon pulp diced peeled
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup honey
- ☐ 0.8 cup pecans divided chopped
- ☐ 0.3 cup hachiya persimmon ripe mashed
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole-wheat

Equipment

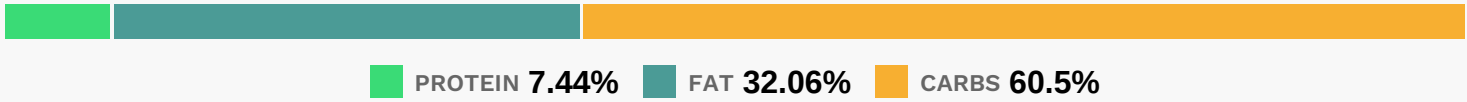
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375
- ☐ Place 1/2 cup pecans in a single layer on a baking sheet.
- ☐ Bake at 375 for 8 minutes or until pecans are fragrant and toasted. Cool.
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 6 ingredients (through cloves) in a bowl, stirring well with a whisk.
- ☐ Combine yogurt and next 6 ingredients (through eggs) in a bowl, stirring well with a whisk.

- ☐
- Add egg mixture to flour mixture, and stir just until combined. Fold in Fuyu persimmon, cranberries, and toasted pecans. Spoon batter into 18 muffin cups coated with cooking spray.
- ☐
- Sprinkle tops with remaining 1/4 cup pecans.
- ☐
- Bake muffins at 375 for 18 minutes or until a wooden pick inserted in center comes out clean. Cool in pans for 5 minutes on a wire rack, and remove from pans.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:9.36, Inflammation Score:-2, Nutrition Score:6.2160869240761%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 196.73kcal (9.84%), Fat: 7.29g (11.22%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 29.3g (10.66%), Sugar: 14.87g (16.53%), Cholesterol: 20.94mg (6.98%), Sodium: 241.42mg (10.5%), Alcohol: 0.08g (100%), Alcohol %: 0.14% (100%), Protein: 3.81g (7.61%), Manganese: 0.59mg (29.28%), Selenium: 9.58µg (13.69%), Vitamin B1: 0.14mg (9.41%), Vitamin C: 7.46mg (9.04%), Phosphorus: 82.03mg (8.2%), Vitamin B2: 0.12mg (7.1%), Iron: 1.24mg (6.88%), Fiber: 1.65g (6.62%), Folate: 24.33µg (6.08%), Copper: 0.11mg (5.47%), Vitamin E: 0.79mg (5.29%), Magnesium: 20.93mg (5.23%), Vitamin B3: 0.95mg (4.77%), Calcium: 47.1mg (4.71%), Zinc: 0.67mg (4.45%), Potassium: 143.57mg (4.1%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.31mg (3.1%), Vitamin K: 2.88µg (2.75%), Vitamin B12: 0.13µg (2.21%)