



Spiced Plum Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup pecans toasted chopped
- ☐ 3.5 ounce plum baby food
- ☐ 1 cup self-rising flour
- ☐ 1 cup sugar
- ☐ 0.5 cup vegetable oil

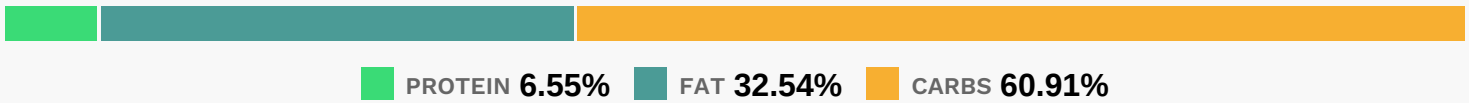
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine first 4 ingredients in a large mixing bowl; make a well in center of mixture. Stir together oil, eggs, and plum baby food; add to dry ingredients, and stir just until moistened.
- ☐ Spoon batter evenly into lightly greased muffin pans, filling two-thirds full.
- ☐ Bake at 400 for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.73, Glycemic Load:16.88, Inflammation Score:-1, Nutrition Score:3.0769565260929%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 165.15kcal (8.26%), Fat: 6.14g (9.44%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 25.03g (9.1%), Sugar: 17.7g (19.66%), Cholesterol: 31mg (10.33%), Sodium: 12.27mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Manganese: 0.3mg (14.83%), Selenium: 6.97µg (9.96%), Copper: 0.09mg (4.29%), Phosphorus: 40.6mg (4.06%), Vitamin K: 4.09µg (3.89%), Fiber: 0.82g (3.28%), Vitamin B2: 0.06mg (3.27%), Vitamin B1: 0.04mg (2.94%), Zinc: 0.41mg (2.75%), Magnesium: 9.79mg (2.45%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.22mg (2.24%), Folate: 8.8µg (2.2%), Iron: 0.38mg (2.13%), Potassium: 54.72mg (1.56%), Vitamin A: 76.73IU (1.53%), Vitamin B6: 0.03mg (1.51%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%), Calcium: 10.62mg (1.06%), Vitamin C: 0.87mg (1.05%)