



HEALTH SCORE

53%

Sticky-Bun Pumpkin Muffins



Vegetarian

READY IN



60 min.

SERVINGS



2

CALORIES



3806 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 cup butter melted
- ☐ 15 oz pumpkin canned
- ☐ 1 cup canola oil
- ☐ 2 tablespoons plus light
- ☐ 4 large eggs
- ☐ 3.5 cups flour all-purpose

- ☐ 3 cups granulated sugar
- ☐ 2 cups pecan halves and pieces
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 teaspoon salt

Equipment

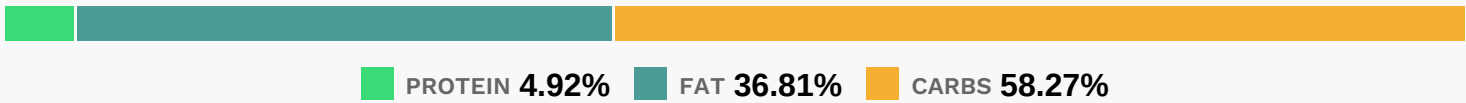
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Stir together melted butter and next 2 ingredients. Spoon 1 rounded teaspoonful butter mixture into each cup of 2 lightly greased 12-cup muffin pans, and top each with 1 rounded tablespoonful pecans.
- ☐ Stir together flour and next 4 ingredients in a large bowl, and make a well in center of mixture.
- ☐ Whisk together pumpkin, next 2 ingredients, and 2/3 cup water; add to dry ingredients, stirring just until moistened.
- ☐ Spoon batter into prepared muffin pans, filling three-fourths full.
- ☐ Place an aluminum foil-lined jelly-roll pan on lower oven rack to catch any overflow.
- ☐ Bake at 350 on middle oven rack for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Invert pan immediately to remove muffins, and arrange muffins on a wire rack. Spoon any topping remaining in muffin cups over muffins.
- ☐ Let cool 5 minutes.

- ☐
- TRY THIS TWIST!
- ☐
- Pecan–Pumpkin Bread: Omit butter, brown sugar, and corn syrup. Substitute 1 1/2 cups chopped pecans for 2 cups pecan halves and pieces; toast as directed in Step Omit Step Prepare batter as directed in Step 3; stir in pecans. Spoon batter into 2 greased and floured 9– x 5–inch loafpans.
- ☐
- Bake at 350 for 1 hour to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes.
- ☐
- Remove from pans to wire rack, and cool completely (about 1 hour). Makes: 2 loaves. Hands–on time: 20 min.; Total time 2 hr., 40 min.

Nutrition Facts



Properties

Glycemic Index:112.05, Glycemic Load:333.89, Inflammation Score:-10, Nutrition Score:64.497391286104%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3–gallate: 2.51mg, Epigallocatechin 3–gallate: 2.51mg, Epigallocatechin 3–gallate: 2.51mg, Epigallocatechin 3–gallate: 2.51mg

Nutrients (% of daily need)

Calories: 3806.16kcal (190.31%), Fat: 160.54g (246.98%), Saturated Fat: 41.53g (259.56%), Carbohydrates: 571.76g (190.59%), Net Carbohydrates: 548.78g (199.56%), Sugar: 382.22g (424.69%), Cholesterol: 494.01mg (164.67%), Sodium: 2265.45mg (98.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.25g (96.5%), Vitamin A: 35117.32IU (702.35%), Manganese: 7.27mg (363.36%), Vitamin B1: 2.55mg (169.82%), Selenium: 113.32µg (161.88%), Folate: 499.78µg (124.94%), Vitamin B2: 1.87mg (110.27%), Iron: 18.77mg (104.26%), Copper: 1.98mg (99.24%), Fiber: 22.98g (91.92%), Phosphorus: 829.96mg (83%), Vitamin B3: 15.2mg (75.99%), Vitamin E: 10.26mg (68.37%), Magnesium: 251.33mg (62.83%), Vitamin K: 59.59µg (56.75%), Zinc: 8.39mg (55.93%), Vitamin B5: 4.42mg (44.17%), Potassium: 1370.08mg (39.15%), Vitamin B6: 0.65mg (32.52%), Calcium: 306.7mg (30.67%), Vitamin B12: 0.99µg (16.44%), Vitamin D: 2µg (13.33%), Vitamin C: 10.83mg (13.13%)