



Streusel Pumpkin Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups flour all-purpose
- 1 cup brown sugar packed
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice
- 0.3 teaspoon salt
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.5 cup buttermilk
- 2 tablespoons vegetable oil
- 1 eggs

- 0.8 cup gingersnaps crushed (13 cookies)
- 3 tablespoons flour all-purpose
- 3 tablespoons brown sugar packed
- 3 tablespoons butter softened
- 1 serving almonds sliced

Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups. Spray baking cups with cooking spray.
- In large bowl, mix 1 1/2 cups flour, 1 cup brown sugar, the baking soda, pumpkin pie spice and salt. Stir in pumpkin, buttermilk, oil and egg just until moistened. Divide batter evenly among muffin cups.
- In small bowl, mix gingersnaps, 3 tablespoons flour, 3 tablespoons brown sugar and the butter with fork until crumbly.
- Sprinkle evenly over batter in each cup.
- Bake 24 minutes or until toothpick inserted in center comes out clean.
- Remove muffins from pan to cooling rack.
- Sprinkle with sliced almonds.
- Serve warm.

Nutrition Facts



■ PROTEIN 5.12% ■ FAT 23.41% ■ CARBS 71.47%

Properties

Glycemic Index:20.08, Glycemic Load:9.81, Inflammation Score:-8, Nutrition Score:7.5095653015634%

Nutrients (% of daily need)

Calories: 255.17kcal (12.76%), Fat: 6.74g (10.37%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 43.77g (15.92%), Sugar: 22.67g (25.18%), Cholesterol: 22.26mg (7.42%), Sodium: 270.27mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin A: 1991.39IU (39.83%), Manganese: 0.36mg (18.15%), Folate: 48.66µg (12.17%), Selenium: 8.35µg (11.92%), Vitamin B1: 0.16mg (10.79%), Fiber: 2.53g (10.12%), Vitamin B2: 0.17mg (10%), Iron: 1.76mg (9.77%), Vitamin B3: 1.39mg (6.95%), Phosphorus: 52.94mg (5.29%), Calcium: 49.88mg (4.99%), Vitamin B5: 0.49mg (4.86%), Vitamin K: 4.73µg (4.51%), Copper: 0.08mg (3.95%), Magnesium: 14.79mg (3.7%), Potassium: 123.71mg (3.53%), Vitamin B6: 0.07mg (3.49%), Vitamin E: 0.42mg (2.77%), Zinc: 0.32mg (2.16%), Vitamin B12: 0.08µg (1.41%), Vitamin D: 0.2µg (1.36%)