



Streusel Pumpkin Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 servings almonds sliced
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 3 tablespoons brown sugar packed
- ☐ 3 tablespoons butter softened
- ☐ 0.5 cup buttermilk
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 3 tablespoons flour all-purpose
- ☐ 0.8 cup gingersnaps crushed (13 cookies)
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

Equipment

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

Directions

- ☐ Heat oven to 350F.
- ☐ 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 5.3%  FAT 24.46%  CARBS 70.24%

Properties

Glycemic Index:20.08, Glycemic Load:9.82, Inflammation Score:-8, Nutrition Score:7.7960870784262%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 260.48kcal (13.02%), Fat: 7.2g (11.07%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 43.85g (15.95%), Sugar: 22.71g (25.23%), Cholesterol: 22.26mg (7.42%), Sodium: 270.28mg (11.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin A: 1991.4IU (39.83%), Manganese: 0.38mg (19.19%), Folate: 49.07µg (12.27%), Selenium: 8.38µg (11.98%), Vitamin B1: 0.16mg (10.91%), Vitamin B2: 0.18mg (10.62%), Fiber: 2.64g (10.58%), Iron: 1.79mg (9.96%), Vitamin B3: 1.42mg (7.11%), Phosphorus: 57.35mg (5.73%), Calcium: 52.34mg (5.23%), Vitamin B5: 0.49mg (4.9%), Vitamin K: 4.73µg (4.51%), Copper: 0.09mg (4.42%), Vitamin E: 0.65mg (4.34%), Magnesium: 17.27mg (4.32%), Potassium: 130.43mg (3.73%), Vitamin B6: 0.07mg (3.56%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.08µg (1.41%), Vitamin D: 0.2µg (1.36%)