



Whole Wheat Pumpkin-Applesauce Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup buttermilk
- ☐ 0.5 cup pumpkin canned
- ☐ 0.3 cup canola oil
- ☐ 2 eggs slightly beaten

- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup pecans chopped
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar white
- ☐ 2 cups flour whole wheat

Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Grease 12 muffin cups, or line the cups with paper muffin liners.
- ☐ Whisk together the flour, baking powder, baking soda, salt, and pumpkin pie spice; set aside.
- ☐ Combine the brown sugar, white sugar, oil, applesauce, pumpkin, buttermilk, and beaten eggs and mix until well blended.
- ☐ Pour the pumpkin mixture into the dry ingredients and stir until combined. Fold in the raisins and pecans, if desired.
- ☐ Divide the batter evenly in the prepared muffin pan.
- ☐ Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Cool the muffin pan on a wire rack for 5 minutes before removing the muffins from the pan.

Nutrition Facts



 **PROTEIN 7.19%**  **FAT 29.77%**  **CARBS 63.04%**

Properties

Glycemic Index:21.65, Glycemic Load:5.37, Inflammation Score:-8, Nutrition Score:9.5117390570433%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 225.58kcal (11.28%), Fat: 7.83g (12.05%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 34.37g (12.5%), Sugar: 21.03g (23.37%), Cholesterol: 28.01mg (9.34%), Sodium: 274.46mg (11.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Manganese: 1.01mg (50.32%), Vitamin A: 1646.21IU (32.92%), Selenium: 15.25µg (21.78%), Fiber: 2.94g (11.75%), Phosphorus: 113.62mg (11.36%), Magnesium: 37.05mg (9.26%), Vitamin B1: 0.13mg (8.48%), Vitamin E: 1.21mg (8.04%), Copper: 0.15mg (7.44%), Iron: 1.32mg (7.34%), Vitamin B6: 0.13mg (6.28%), Calcium: 57mg (5.7%), Vitamin B2: 0.1mg (5.69%), Vitamin B3: 1.13mg (5.65%), Vitamin K: 5.71µg (5.44%), Zinc: 0.79mg (5.24%), Potassium: 170.8mg (4.88%), Folate: 14.9µg (3.73%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.23µg (1.56%)