



Whole Wheat Pumpkin-Applesauce Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



201 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

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

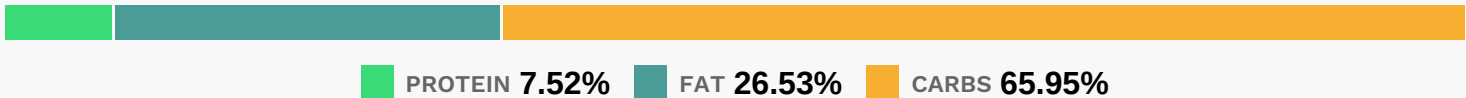
Equipment

- ☐ 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



Properties

Glycemic Index:16.09, Glycemic Load:4.06, Inflammation Score:-8, Nutrition Score:8.7713044881821%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 200.76kcal (10.04%), Fat: 6.18g (9.51%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 32g (11.63%), Sugar: 19.15g (21.28%), Cholesterol: 28.01mg (9.34%), Sodium: 274.1mg (11.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Manganese: 0.89mg (44.74%), Vitamin A: 1644.94IU (32.9%), Selenium: 15.14µg (21.63%), Phosphorus: 103.85mg (10.39%), Fiber: 2.6g (10.39%), Magnesium: 33.25mg (8.31%), Vitamin E: 1.17mg (7.81%), Vitamin B1: 0.11mg (7.47%), Iron: 1.21mg (6.72%), Vitamin B6: 0.11mg (5.55%), Copper: 0.11mg (5.53%), Calcium: 53.81mg (5.38%), Vitamin B3: 1.07mg (5.35%), Vitamin K: 5.53µg (5.26%), Vitamin B2: 0.09mg (5.18%), Zinc: 0.67mg (4.49%), Potassium: 138.96mg (3.97%), Folate: 14.31µg (3.58%), Vitamin B5: 0.32mg (3.19%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.23µg (1.56%)