



Whole Wheat Pumpkin Maple Spice Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoon double-acting baking powder
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup pumpkin canned
- ☐ 1 large eggs
- ☐ 3 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup maple syrup

- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons walnuts chopped
- ☐ 3 tablespoons flour whole wheat white all-purpose
- ☐ 9 oz flour whole wheat white all-purpose

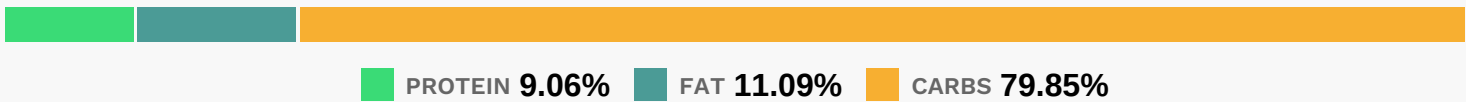
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F. Spray 16 muffin cups with flour-added baking spray or line with paper liners.In a large bowl, combine the flour, baking powder, pumpkin pie spice and salt. Stir well, then stir in the brown sugar.In a second bowl, combine the buttermilk, butter, syrup, pumpkin, egg and vanilla.
- ☐ Add to the dry ingredients and stir just until mixed (don't over-beat).Fill muffin cups two-thirds full. For topping, combine the flour, sugar, nuts and cinnamon; cut in butter until crumbly.
- ☐ Sprinkle over batter.
- ☐ Bake for 16-18 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:4.36, Inflammation Score:-5, Nutrition Score:3.689130452664%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 142.3kcal (7.12%), Fat: 1.81g (2.79%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.34g (9.94%), Sugar: 15.73g (17.48%), Cholesterol: 12.86mg (4.29%), Sodium: 145.14mg (6.31%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 3.33g (6.66%), Vitamin A: 830.56IU (16.61%), Manganese: 0.32mg (15.94%), Vitamin B2: 0.17mg (9.81%), Fiber: 2.02g (8.08%), Calcium: 76.42mg (7.64%), Iron: 0.72mg (3.99%), Phosphorus: 33.29mg (3.33%), Potassium: 87.84mg (2.51%), Selenium: 1.57µg (2.24%), Magnesium: 7.74mg (1.94%), Copper: 0.03mg (1.74%), Vitamin D: 0.21µg (1.39%), Zinc: 0.21mg (1.38%), Vitamin B12: 0.08µg (1.33%), Vitamin B5: 0.13mg (1.28%), Vitamin B1: 0.02mg (1.26%), Vitamin B6: 0.02mg (1.12%)