

Homemade Pumpkin Muffin

NO IMAGE

Servings:	28.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-57765
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUMPKIN FCY	30 Ounce		186244
BUTTER BLND SLD EURO ZT	1 Cup	READY_TO_EAT Ready to use.	648560
SUGAR BROWN LT	1 1/2 Cup		860311
SUGAR BEET GRANUL	1 1/2 Cup		108588
EGG SHL MED A GRD	4 Each		206547
FLAVORING VANILLA IMIT 1-QT KE	2 Teaspoon		110736
FLOUR WHOLE WHEAT STONE GROUND	3 1/2 Cup		330094
SPICE PUMPKIN PIE	2 Tablespoon		514195
SPICE CINNAMON GRND	4 Teaspoon		224731
BAKING POWDER	4 Teaspoon		361032
SALT IODIZED	1 Teaspoon		125557

Preparation Instructions

1. Pre-heat oven to 375 degrees F.
2. Grease a standard 12-cup muffin tin, set aside.

3. Combine flour, pumpkin pie spice, cinnamon, baking powder and sea salt in a small bowl. Then, set aside.
4. Whisk the pumpkin puree and melted butter in a large bowl until smooth.
5. Add brown sugar and granulated sugar and whisk until the sugars are dissolved.
6. Then, whisk in eggs and vanilla.
7. Add dry ingredient mixture and whisk or stir until batter is smooth.
8. Pour 1/4 cup of the muffin batter into each well of the muffin tin, and smooth out the top.
9. Bake in preheated oven for 20-25 minutes, or until the tops are set and a cake tester inserted into the center of the loaf comes out clean or with a few crumbs.
10. Let muffins cool in the pan on a wire rack for 10 minutes, then transfer them to a wire rack to cool completely.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	204.01		
Fat	7.83g		
Saturated Fat	3.12g		
Trans Fat	0.00g		
Cholesterol	23.57mg		
Sodium	214.56mg		
Carbohydrates	33.60g		
Fiber	2.36g		
Total Sugar	21.59g		
Added Sugar	20.57g		
Protein	3.31g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	38.49mg	Iron	1.19mg

Nutrition - Per 100g

Calories	267.59		
Fat	10.27g		
Saturated Fat	4.09g		
Trans Fat	0.00g		
Cholesterol	30.92mg		
Sodium	281.43mg		
Carbohydrates	44.08g		
Fiber	3.09g		
Total Sugar	28.31g		
Added Sugar	26.99g		
Protein	4.34g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	50.49mg	Iron	1.56mg