

Pumkin Chocolate Chip Mini Muffins

Number of Servings: 24 (40.03 g per serving)

Preparation Time: 20 minutes

Cook Time: 20-23 minutes

Cook Temperature: 350 F

Pan Size:

Cook Method: Baking

Amount	Measure	Ingredient	Comments
1.00	cup	Flour, all purpose, white, unbleached, enrich	
1/2	cup	Flour, whole wheat	
1/4	cup	Wheat, germ	
2.00	tsp	Baking Powder, double acting	
2.00	tsp	Spice, cinnamon, ground	
1.00	cup	Pumpkin, solid pack, cnd	
2.00	ea	Eggs, large, raw	
1/2	cup	Sugar, brown, packed	
1/2	cup	Milk, 2%	
1/3	cup	Oil, coconut	
1.00	tsp	Flavor, vanilla extract	
1/2	cup	Baking Chips, chocolate, semi sweet, mini	

Instructions

1. Preheat oven to 350 degrees. Lightly oil or coat 24 mini muffin cups with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole wheat flour, ground flaxseed, baking powder, cinnamon, and salt in a large bowl.
3. In a separate bowl, whisk the pumpkin, eggs, brown sugar, oil, milk, and vanilla until well combined. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
4. Spoon the batter into the prepared muffin cups. Bake 15 to 18 minutes, or until a toothpick inserted in the center comes out clean. transfer the pan to a wire rack and cool 5 minutes. Remove the muffins and cool an additional 5 minutes before serving. When making 12 full-size muffins, bake for 20-23 minutes.

Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>	<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	40.03	Water (g)	17.72
Calories (kcal)	106.83	Vitamin A - IU (IU)	1489.49
Calories from Fat (kcal)	42.48	Vitamin A - RAE (RAE)	74.39
Calories from SatFat (kcal)	31.02	Carotenoid RE (RE)	146.03
Protein (g)	2.21	Retinol RE (RE)	1.37
Carbohydrates (g)	14.68	Beta-Carotene (mcg)	861.78
Dietary Fiber (g)	1.44	Vitamin B1 (mg)	0.08
Soluble Fiber (g)	0.11	Vitamin B2 (mg)	0.04
Total Sugars (g)	7.26	Vitamin B3 (mg)	0.50
Monosaccharides (g)	0.12	Vitamin B3 - Niacin Equiv (mg)	0.76
Disaccharides (g)	4.59	Vitamin B6 (mg)	0.02
Other Carbs (g)	5.76	Vitamin B12 (mcg)	0.03
Fat (g)	4.85	Biotin (mcg)	0.16
Saturated Fat (g)	3.45	Vitamin C (mg)	0.02
Mono Fat (g)	0.59	Vitamin D - IU (IU)	0.05
Poly Fat (g)	0.14	Vitamin D - mcg (mcg)	0
Trans Fatty Acid (g)	0	Vitamin E - Alpha-Toco (mg)	0.30
Cholesterol (mg)	18.32	Folate (mcg)	15.75