
Pumpkin Chocolate Chip Muffins

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Servings: 12

Muffin (Pastry) Home Recipe

Stage #1

1 cup granulated sugar
2/3 cup unsalted butter, softened
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder, double acting
1 teaspoon vanilla extract
1 1/2 teaspoons cinnamon, ground
1/2 teaspoon ginger, ground
1/4 teaspoon nutmeg, ground
1/8 teaspoon allspice, ground

Stage #2

7/8 cup pumpkin, puree
3 each eggs, Large
1/4 teaspoon canola oil

Stage #3

1 3/4 cups all-purpose flour

Stage #4

1/2 cup chocolate chips, Small

Stage # 1

Scale ingredients into mixing bowl. Incorporate ingredients, Scrape bowl.
Cream 1 minute in medium speed

Stage # 2

Scale ingredients into mixing bowl. Incorporate ingredients, Scrape bowl.
Mix 1 minute in medium speed

Stage # 3

Add flour, incorporate ingredients, Scrape bowl.
Mix 2 minutes in low speed

Stage # 4

Add chocolate chips, incorporate.

Deposit muffin batter in paper lined muffin pans.

Bake at 390 degree F. in a Conventional oven for approximately 14 to 18 minutes.

Bake at 365 degree F. in a Convection oven for approximately 13 to 17 minutes.

NOTE: Oven baking times may vary depending on your oven.

Yield: 36 ounces

Per Serving (excluding unknown items): 290 Calories; 15g Fat (43.9% calories from fat); 4g Protein; 38g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 344mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

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Calories (kcal):	290
% Calories from Fat:	43.9%
% Calories from Carbohydrates:	50.6%
% Calories from Protein:	5.5%

Per Serving Nutritional Information

Total Fat (g):	15g	22%
Saturated Fat (g):	8g	42%
Monounsaturated Fat (g):	4g	20%
Polyunsaturated Fat (g):	1g	3%
Cholesterol (mg):	81mg	27%
Total Carbohydrate (g):	38g	13%
Dietary Fiber (g):	1g	5%
Protein (g):	4g	8%
Sodium (mg):	344mg	14%
Potassium (mg):	106mg	3%
Calcium (mg):	45mg	4%
Iron (mg):	2mg	9%
Zinc (mg):	trace	3%
Vitamin C (mg):	1mg	1%
Vitamin A (i.u.):	585IU	12%
Vitamin A (r.e.):	126 1/2RE	13%

Vitamin B6 (mg):	trace	2%
Vitamin B12 (mcg):	.2mcg	3%
Thiamin B1 (mg):	.2mg	11%
Riboflavin B2 (mg):	.2mg	10%
Folacin (mcg):	36mcg	9%
Niacin (mg):	1mg	6%
Caffeine (mg):	6mg	N/A
Alcohol (kcal):	1	N/A
% Refuse:		

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	1 1/2

* Percent Daily Values are based on a 2000 calorie diet.