

Pecan Pumpkin Muffins

*Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers*

*3/4 cup brown sugar
1/4 cup molasses
1/2 cup butter, softened
1 large egg, beaten
1/4 cup pecans
1 cup mashed pumpkin, cooked
1 tablespoon baking soda
1/4 teaspoon salt
1 3/4 cups flour*

Preheat the oven to 375 degrees.

Cook the pumpkin and drain. Mash the pumpkin. Put the pumpkin through a strainer.

In a mixing bowl, cream the sugar, molasses and butter. Add the egg and mashed pumpkin. Blend everything together well.

In a small bowl, mix the baking powder and the salt. Beat the mixture into the pumpkin batter. Fold in the pecans. Fill well-greased muffin pans about half full with the batter.

Bake for 20 minutes or until a toothpick inserted in the center comes out clean.

Per Serving (excluding unknown items): 2574 Calories; 118g Fat (40.6% calories from fat); 35g Protein; 354g Carbohydrate; 15g Dietary Fiber; 460mg Cholesterol; 5405mg Sodium. Exchanges: 11 1/2 Grain(Starch); 1 Lean Meat; 4 Vegetable; 22 1/2 Fat; 10 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2574	Vitamin B6 (mg):	.9mg
% Calories from Fat:	40.6%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	54.1%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	118g	Folacin (mcg):	126mcg
Saturated Fat (g):	61g	Niacin (mg):	15mg
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	0

Cholesterol (mg):	460mg
Carbohydrate (g):	354g
Dietary Fiber (g):	15g
Protein (g):	35g
Sodium (mg):	5405mg
Potassium (mg):	2518mg
Calcium (mg):	423mg
Iron (mg):	21mg
Zinc (mg):	4mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	57784IU
Vitamin A (r.e.):	6334RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	11 1/2
Lean Meat:	1
Vegetable:	4
Fruit:	0
Non-Fat Milk:	0
Fat:	22 1/2
Other Carbohydrates:	10 1/2

Nutrition Facts

Amount Per Serving

Calories 2574 **Calories from Fat:** 1045

% Daily Values*

Total Fat 118g	182%
Saturated Fat 61g	305%
Cholesterol 460mg	153%
Sodium 5405mg	225%
Total Carbohydrates 354g	118%
Dietary Fiber 15g	61%
Protein 35g	
Vitamin A	1156%
Vitamin C	18%
Calcium	42%
Iron	118%

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