



2 Ingredient Pumpkin Muffins

18 ounces spice cake mix

15 ounces pumpkin (not pumpkin pie mix)



Nutritional Facts for 2 Ingredient Pumpkin Muffins

Serving Size: 1 (52 g)

Servings Per Recipe: 18

Amount Per Serving	% Daily Value
Calories 130.2	
Calories from Fat 35	27%
Total Fat 3.9 g	6%
Saturated Fat 0.9 g	4%
Cholesterol 0.0 mg	0%
Sodium 186.8 mg	7%
Total Carbohydrate 22.7 g	7%
Dietary Fiber 0.6 g	2%
Sugars 13.5 g	54%
Protein 1.4 g	2%

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