



Caramel-Pumpkin Cream Cupcakes

READY IN



76 min.

SERVINGS



24

CALORIES



247 kcal

DESSERT

Ingredients

- 1 cup pumpkin canned
- 0.3 cup caramel ice cream topping
- 8 oz philadelphia cream cheese softened
- 16 oz ready-to-spread cream cheese frosting
- 1 eggs
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 pkg spice cake mix (2-layer size)
- 0.3 cup sugar
- 1 cup cool whip whipped topping thawed

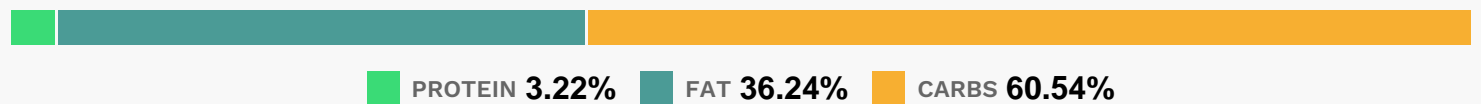
Equipment

- bowl
- oven
- whisk
- blender
- toothpicks
- muffin liners

Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package.
- Add dry pudding mix and pumpkin; beat 2 min. Spoon into 24 paper-lined muffin cups.
- Beat cream cheese in medium bowl with mixer until creamy.
- Add sugar; mix well. Blend in egg. Spoon over batter in muffin cups.
- Bake 18 to 21 min. or until toothpick inserted in centers comes out clean. Cool in pans 5 min.
- Remove to wire racks; cool completely.
- Spoon frosting into medium bowl.
- Add COOL WHIP; whisk until blended.
- Spread onto cupcakes; drizzle with caramel topping.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:4.4413043876057%

Nutrients (% of daily need)

Calories: 247.06kcal (12.35%), Fat: 10.13g (15.58%), Saturated Fat: 3.94g (24.64%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 37.38g (13.59%), Sugar: 30.1g (33.44%), Cholesterol: 16.43mg (5.48%), Sodium: 246.21mg

(10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin A: 1730.61IU (34.61%), Manganese: 0.14mg (7.03%), Phosphorus: 69.88mg (6.99%), Iron: 1.23mg (6.86%), Vitamin B2: 0.09mg (5.42%), Vitamin B1: 0.08mg (5.28%), Calcium: 37.26mg (3.73%), Copper: 0.07mg (3.6%), Folate: 14.06µg (3.52%), Potassium: 121.66mg (3.48%), Vitamin K: 3.32µg (3.16%), Selenium: 2.12µg (3.02%), Vitamin B3: 0.6mg (3.01%), Fiber: 0.69g (2.75%), Magnesium: 8.66mg (2.16%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.18mg (1.78%), Vitamin B6: 0.02mg (1.18%), Zinc: 0.17mg (1.16%)