



Caramel Pumpkin Cupcakes with Caramel Cinnamon Cream Cheese Frosting

READY IN



35 min.

SERVINGS



35

CALORIES



186 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 15 oz pumpkin canned
- 0.3 cup caramel ice cream topping sauce
- 1 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 1.5 tsp ground cinnamon
- 0.3 cup oil

- 3.5 cups powdered sugar
- 1 pinch salt
- 1 pkg spice cake mix (2-layer size)
- 1 tsp vanilla

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- toothpicks
- muffin liners
- drinking straws

Directions

- HEAT oven to 350F.
- BEAT first 5 ingredients with mixer until blended; spoon into 24 paper-lined muffin cups.
- BAKE 20 to 22 minutes or until toothpick inserted in centers comes out clean. Cool in pan for 2-3 minutes then using a straw or knife, poke 3-4 holes in the top of each cupcake.
- Drizzle a small amount of caramel sauce over the top of each cupcake, allowing it to sink into the poked holes. Cool in pans 10 minutes; remove from pans. Cool completely.
- BEAT cream cheese, butter, caramel and vanilla in large bowl with mixer until blended. Gradually beat in sugar. Blend in cinnamon and salt.
- Spread over cupcakes. Optional, garnish with a drizzle of caramel sauce and pinch of sea salt.
- STORE cupcakes in refrigerator.

Nutrition Facts



PROTEIN 3.91% **FAT 41.96%** **CARBS 54.13%**

Properties

Glycemic Index:2.34, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:4.5834782486377%

Nutrients (% of daily need)

Calories: 186.32kcal (9.32%), Fat: 8.85g (13.62%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 25.03g (9.1%), Sugar: 20.44g (22.72%), Cholesterol: 27.94mg (9.31%), Sodium: 142.7mg (6.2%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 1.86g (3.71%), Vitamin A: 2081.95IU (41.64%), Manganese: 0.12mg (6.19%), Phosphorus: 58.13mg (5.81%), Iron: 0.96mg (5.32%), Vitamin B2: 0.09mg (5.19%), Vitamin K: 4.42µg (4.21%), Vitamin E: 0.6mg (4%), Vitamin B1: 0.06mg (3.84%), Selenium: 2.43µg (3.47%), Calcium: 34.51mg (3.45%), Folate: 11.83µg (2.96%), Potassium: 99.72mg (2.85%), Copper: 0.06mg (2.79%), Fiber: 0.66g (2.65%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.2mg (2.05%), Magnesium: 7.78mg (1.95%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.18mg (1.21%), Vitamin B12: 0.07µg (1.12%)