



Carrot Cake Cupcakes

 Vegetarian

READY IN



75 min.

SERVINGS



22

CALORIES



416 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 3 cups carrots grated less than 1 pound
- ☐ 1 pound confectioners' sugar
- ☐ 0.8 pound cream cheese at room temperature
- ☐ 3 extra large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 teaspoons kosher salt

- ☐ 1 cup raisins
- ☐ 2 cups sugar
- ☐ 0.5 pound butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.3 cups vegetable oil
- ☐ 1 cup walnuts chopped

Equipment

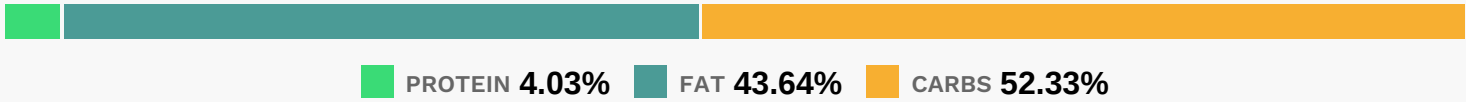
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Beat the sugar, oil, and vanilla together in the bowl of an electric mixer fitted with a paddle attachment.
- ☐ Add the eggs, 1 at a time. In another bowl, sift together the flour, cinnamon, baking soda, and salt. With the mixer on low speed, add 1/2 of the dry ingredients to the wet ingredients.
- ☐ Add the grated carrots, raisins, and walnuts to the remaining flour, mix well, and add to the batter.
- ☐ Mix until just combined.
- ☐ Line muffin pans with paper liners. Scoop the batter into 22 muffin cups until each is 3/4 full.
- ☐ Bake for 10 minutes then reduce oven temperature to 350 degrees F and cook for a further 30 to 35 minutes, until a toothpick comes out clean. Cool on a rack.
- ☐ For the frosting, cream the cream cheese, butter, and vanilla in the bowl of an electric mixer fitted with a paddle attachment.

- ☐ Add the sugar and beat until smooth.
- ☐ When the cupcakes are cool, frost them generously and serve.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:22.61, Inflammation Score:-9, Nutrition Score:8.7608696999757%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 416.3kcal (20.82%), Fat: 20.77g (31.95%), Saturated Fat: 9.42g (58.89%), Carbohydrates: 56.01g (18.67%), Net Carbohydrates: 54.32g (19.75%), Sugar: 39.95g (44.39%), Cholesterol: 66.19mg (22.06%), Sodium: 333.43mg (14.5%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 4.32g (8.64%), Vitamin A: 3424.09IU (68.48%), Manganese: 0.34mg (17%), Selenium: 8.19µg (11.7%), Vitamin B2: 0.17mg (9.87%), Vitamin B1: 0.13mg (8.9%), Folate: 34.82µg (8.71%), Vitamin K: 8.47µg (8.06%), Phosphorus: 75.99mg (7.6%), Copper: 0.14mg (7.11%), Fiber: 1.7g (6.79%), Iron: 1.1mg (6.09%), Vitamin E: 0.83mg (5.55%), Potassium: 181.13mg (5.18%), Vitamin B3: 1mg (5.01%), Vitamin B6: 0.09mg (4.62%), Magnesium: 17.62mg (4.41%), Calcium: 38.6mg (3.86%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.49mg (3.27%), Vitamin D: 0.31µg (2.05%), Vitamin B12: 0.12µg (1.99%), Vitamin C: 1.46mg (1.77%)