



Carrot Cupcakes

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



104 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup brown sugar light packed
- 2 cups carrots grated (4 medium)
- 1 teaspoon cinnamon
- 6 ounces cream cheese at room temperature
- 2 large eggs
- 1.3 cups flour all-purpose
- 2 tablespoons honey

- 0.3 cup milk
- 0.3 teaspoon salt
- 8 tablespoons butter unsalted at room temperature (1 stick)
- 0.5 cup walnut pieces chopped

Equipment

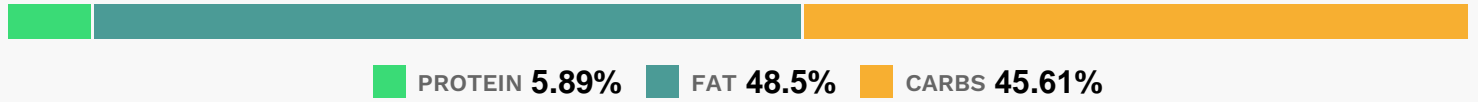
- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- hand mixer
- toothpicks
- spatula
- muffin liners
- measuring cup
- muffin tray

Directions

- Preheat oven to 350F. Line a 12-cup muffin tin with paper liners.
- Whisk eggs and milk in a measuring cup. In a medium bowl, whisk flour, baking powder, cinnamon and salt.
- In a large bowl, using an electric mixer on medium-high speed, beat butter and brown sugar until fluffy, about 3 minutes. Scrape down sides of bowl. Reduce mixer speed to medium-low, beat in half of egg mixture, then half of flour mixture, beating well after each addition and scraping sides of bowl when necessary.
- Add remaining egg mixture and remaining flour mixture. Beat on medium speed for 1 minute. Fold in carrots and walnuts, if desired.
- Divide batter among muffin cups (batter will almost fill cups).

- Bake until cupcakes are golden and a toothpick inserted into center of 1 comes out clean, 22 to 25 minutes.
- Let cupcakes cool in pan on a wire rack for 5 minutes, then transfer cupcakes to wire rack to cool completely.
- Using a rubber spatula, stir cream cheese until smooth in a medium bowl. Stir in honey.
- Spread or pipe over tops of cupcakes and serve.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:3.53, Inflammation Score:-7, Nutrition Score:3.2517391132272%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 104.08kcal (5.2%), Fat: 5.75g (8.85%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 11.69g (4.25%), Sugar: 7.77g (8.63%), Cholesterol: 22.63mg (7.54%), Sodium: 56.05mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin A: 1385.92IU (27.72%), Manganese: 0.12mg (5.83%), Selenium: 3.15µg (4.5%), Vitamin B2: 0.06mg (3.44%), Folate: 13.71µg (3.43%), Vitamin B1: 0.05mg (3.42%), Phosphorus: 29.71mg (2.97%), Calcium: 26.58mg (2.66%), Iron: 0.41mg (2.3%), Copper: 0.04mg (2.19%), Vitamin B3: 0.39mg (1.95%), Fiber: 0.48g (1.91%), Potassium: 58.87mg (1.68%), Vitamin B6: 0.03mg (1.64%), Magnesium: 6.27mg (1.57%), Vitamin B5: 0.14mg (1.41%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.38µg (1.32%), Zinc: 0.18mg (1.2%)