



Carrot Cupcakes with Ginger-Cream Cheese Icing

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups carrots finely grated peeled
- ☐ 12 servings ginger-cream cheese icing
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 cup pineapple in juice canned crushed drained
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.8 cup vegetable oil

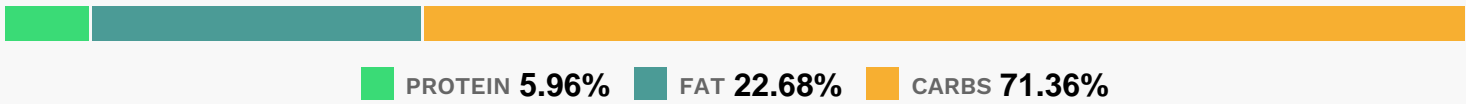
Equipment

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

Directions

- ☐ Preheat oven to 350°F. Line twelve 1/3-cup muffin cups with paper liners. Sift first 5 ingredients into medium bowl. Using electric mixer, beat sugar, oil and eggs in large bowl until well blended.
- ☐ Add dry ingredients to egg mixture in 2 additions, beating until well blended after each addition.
- ☐ Mix in carrots and pineapple. Spoon batter into prepared muffin cups, filling each 3/4 full.
- ☐ Bake cupcakes until tester inserted into center comes out clean, about 30 minutes. Turn cupcakes out onto racks and cool completely. (Can be made 1 day ahead. Cover; store at room temperature.)
- ☐ Spread top of each cupcake with scant 3 tablespoons Ginger-Cream Cheese Icing.
- ☐ Garnish with candied violets, if desired.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:17.96, Inflammation Score:-9, Nutrition Score:5.701739197192%

Flavonoids

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 151.4kcal (7.57%), Fat: 3.89g (5.98%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 26.72g (9.71%), Sugar: 18.63g (20.7%), Cholesterol: 31mg (10.33%), Sodium: 217mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin A: 2720.09IU (54.4%), Selenium: 6.23µg (8.9%), Vitamin K: 7.23µg (6.89%), Vitamin B1: 0.1mg (6.64%), Folate: 26.21µg (6.55%), Vitamin B2: 0.1mg (6.05%), Manganese: 0.11mg (5.59%), Iron: 0.73mg (4.08%), Vitamin B3: 0.79mg (3.95%), Phosphorus: 39.17mg (3.92%), Fiber: 0.82g (3.29%), Vitamin E: 0.42mg (2.83%), Calcium: 27.89mg (2.79%), Potassium: 79.63mg (2.28%), Vitamin B6: 0.04mg (2.19%), Vitamin B5: 0.22mg (2.17%), Copper: 0.03mg (1.7%), Vitamin C: 1.3mg (1.58%), Zinc: 0.23mg (1.51%), Magnesium: 5.92mg (1.48%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)