



## Carrot-Ginger Cupcakes with Spiced Cream Cheese

 Gluten Free

READY IN



65 min.

SERVINGS



24

CALORIES



120 kcal

### Ingredients

- 0.8 cup carrots shredded
- 8 oz philadelphia cream cheese softened
- 1 tsp ground cinnamon divided
- 1 Tbsp ground ginger
- 16 oz pound cake mix
- 0.5 cup planters walnuts toasted chopped
- 2 cups cool whip whipped topping thawed

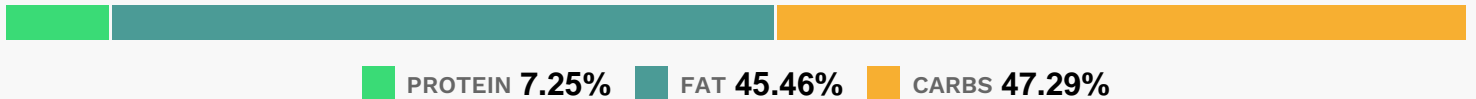
### Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

## Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package; stir in carrots, nuts, ginger and 3/4 tsp. cinnamon.
- Spoon batter into 24 paper-lined muffin cups.
- Bake 15 min. or until toothpick inserted in centers comes out clean. Cool completely.
- Beat cream cheese in medium bowl with whisk until creamy. Gently stir in COOL WHIP; spread over cupcakes.
- Sprinkle with remaining cinnamon.

## Nutrition Facts



## Properties

Glycemic Index:4.12, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:3.3213043821895%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 120.46kcal (6.02%), Fat: 6.19g (9.52%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 14.03g (5.1%), Sugar: 9.03g (10.03%), Cholesterol: 28.95mg (9.65%), Sodium: 154.8mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin A: 829.75IU (16.6%), Manganese: 0.22mg (11.04%), Phosphorus: 50.9mg (5.09%), Vitamin B2: 0.08mg (4.98%), Selenium: 2.93µg (4.19%), Vitamin B1: 0.06mg (4.03%), Iron: 0.67mg (3.7%), Folate: 13.1µg (3.28%), Calcium: 31.87mg (3.19%), Copper: 0.06mg (2.8%), Vitamin B3: 0.47mg (2.34%), Magnesium: 8.23mg (2.06%), Potassium: 64.37mg (1.84%), Vitamin B6: 0.04mg (1.83%), Fiber:

0.46g (1.83%), Vitamin B5: 0.17mg (1.7%), Zinc: 0.24mg (1.63%), Vitamin E: 0.2mg (1.36%), Vitamin B12: 0.08µg (1.31%), Vitamin K: 1.07µg (1.01%)