



Carrot-Ginger Cupcakes with Spiced Cream Cheese

 **Gluten Free**

READY IN



65 min.

SERVINGS



5

CALORIES



578 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

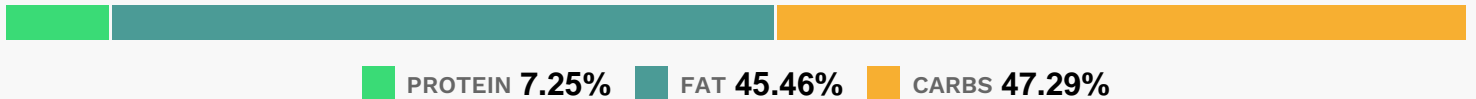
Equipment

- 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:19.77, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:15.938260964725%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg 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: 578.2kcal (28.91%), Fat: 29.71g (45.7%), Saturated Fat: 14.03g (87.7%), Carbohydrates: 69.53g (23.18%), Net Carbohydrates: 67.33g (24.48%), Sugar: 43.34g (48.16%), Cholesterol: 138.95mg (46.32%), Sodium: 743.02mg (32.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Vitamin A: 3982.82IU (79.66%), Manganese: 1.06mg (52.98%), Phosphorus: 244.3mg (24.43%), Vitamin B2: 0.41mg (23.88%), Selenium: 14.07µg (20.09%), Vitamin B1: 0.29mg (19.34%), Iron: 3.19mg (17.75%), Folate: 62.9µg (15.73%), Calcium: 153mg (15.3%),

Copper: 0.27mg (13.44%), Vitamin B3: 2.25mg (11.24%), Magnesium: 39.49mg (9.87%), Potassium: 308.99mg (8.83%), Fiber: 2.2g (8.79%), Vitamin B6: 0.18mg (8.76%), Vitamin B5: 0.82mg (8.18%), Zinc: 1.17mg (7.83%), Vitamin E: 0.98mg (6.52%), Vitamin B12: 0.38µg (6.29%), Vitamin K: 5.11µg (4.87%), Vitamin C: 1.31mg (1.59%), Vitamin D: 0.18µg (1.21%)