



Carrot Pineapple Cupcakes

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



422 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 1 cup carrots finely grated
- 3 cups confectioners' sugar
- 8 ounce cream cheese softened
- 2 eggs beaten
- 1.5 cups flour all-purpose

- 1 teaspoon ground cinnamon
- 1 tablespoon milk
- 1 cup pineapple crushed drained
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.7 cup vegetable oil
- 1 cup sugar white

Equipment

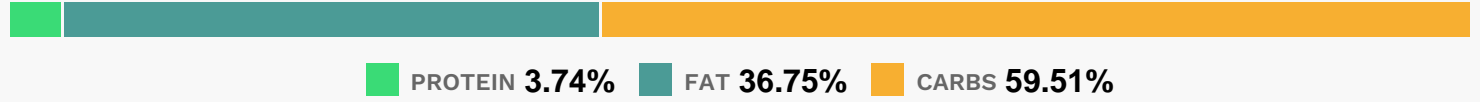
- bowl
- oven
- whisk
- mixing bowl
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Grease 12 muffin cups or line with paper liners.
- Stir white sugar, vegetable oil, and eggs together in a large mixing bowl until thoroughly combined.
- Whisk flour, baking powder, baking soda, cinnamon, and salt in a separate bowl.
- Stir flour mixture into liquid ingredients until thoroughly moistened.
- Mix in carrot, pineapple, and 1 teaspoon vanilla extract.
- Pour batter into the prepared muffin cups, filling them to the top.
- Bake cupcakes in the preheated oven until a toothpick inserted into the middle of a cupcake comes out clean, about 20 minutes. Set aside to cool completely.
- Cream butter with cream cheese with an electric hand mixer in a bowl until smooth.

Beat in confectioners' sugar, vanilla extract, and milk to make a spreadable frosting; frost the cooled cupcakes.

Nutrition Facts



Properties

Glycemic Index:33.66, Glycemic Load:21.08, Inflammation Score:-8, Nutrition Score:7.1969565567763%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 422.28kcal (21.11%), Fat: 17.59g (27.06%), Saturated Fat: 9.33g (58.32%), Carbohydrates: 64.07g (21.36%), Net Carbohydrates: 63.01g (22.91%), Sugar: 50.18g (55.76%), Cholesterol: 66.85mg (22.28%), Sodium: 398.5mg (17.33%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 4.03g (8.06%), Vitamin A: 2324.13IU (46.48%), Selenium: 9.67µg (13.81%), Vitamin B1: 0.16mg (10.56%), Vitamin B2: 0.18mg (10.51%), Folate: 37.05µg (9.26%), Manganese: 0.16mg (7.9%), Calcium: 76.67mg (7.67%), Phosphorus: 75mg (7.5%), Vitamin K: 7.18µg (6.84%), Iron: 1.08mg (5.99%), Vitamin B3: 1.12mg (5.57%), Vitamin E: 0.75mg (4.97%), Fiber: 1.07g (4.27%), Potassium: 116.81mg (3.34%), Vitamin B5: 0.33mg (3.33%), Copper: 0.06mg (3.07%), Vitamin B6: 0.06mg (3.04%), Vitamin C: 2.49mg (3.02%), Magnesium: 10.92mg (2.73%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.13µg (2.16%), Vitamin D: 0.16µg (1.07%)