



Chocolate Pumpkin Cupcakes

READY IN



45 min.

SERVINGS



45

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.8 cup pumpkin canned
- ☐ 2 tablespoons pumpkin canned
- ☐ 22 chocolate pastilles
- ☐ 2 large eggs at room temperature
- ☐ 2 cups flour
- ☐ 8 ounces mascarpone cheese

- ☐ 1.3 cups powdered sugar
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 1.5 cups sugar
- ☐ 1.5 cups whipped cream sweetened
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil

Equipment

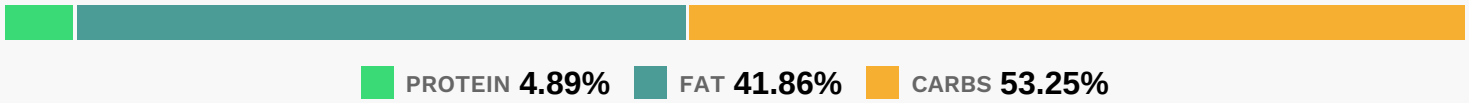
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Make cupcakes: Preheat oven to 35
- ☐ In a medium bowl, with a mixer on medium speed, beat sugar, buttermilk, oil, eggs, pumpkin, salt, and vanilla until well blended.
- ☐ Whisk together flour, cocoa, baking soda, and baking powder in a medium bowl. Gradually add to wet mixture, beating on medium speed until smooth.
- ☐ Line muffin pans with muffin cups and fill each cup with 3 tbsp. batter.
- ☐ Bake until a toothpick inserted in centers comes out clean, 25 minutes. Cool completely.
- ☐ Make frosting: In a medium bowl, beat mascarpone, pumpkin pie spice, pumpkin, vanilla, and salt with a mixer until smooth. Beat in powdered sugar. Chill until firm, 1 hour.

- ☐
- Spread on cupcakes and top each with whipped cream and a pastille. Chill until frosting is firm, about 30 minutes.
- ☐
- *Find chocolate pastilles in the baking aisle at well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:11.12, Inflammation Score:-6, Nutrition Score:3.8830434388441%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 170.54kcal (8.53%), Fat: 8.46g (13.02%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 22.66g (8.24%), Sugar: 17.47g (19.41%), Cholesterol: 15.12mg (5.04%), Sodium: 96.64mg (4.2%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Caffeine: 12.33mg (4.11%), Protein: 2.22g (4.45%), Vitamin A: 839.93IU (16.8%), Manganese: 0.17mg (8.54%), Copper: 0.15mg (7.47%), Magnesium: 25.74mg (6.44%), Fiber: 1.57g (6.29%), Iron: 0.96mg (5.33%), Vitamin B2: 0.08mg (4.96%), Phosphorus: 48.72mg (4.87%), Selenium: 3.36µg (4.8%), Vitamin B1: 0.05mg (3.43%), Folate: 12.85µg (3.21%), Zinc: 0.4mg (2.65%), Calcium: 26.01mg (2.6%), Vitamin K: 2.62µg (2.5%), Potassium: 87.31mg (2.49%), Vitamin B3: 0.47mg (2.37%), Vitamin E: 0.17mg (1.12%), Vitamin B5: 0.11mg (1.07%)