



Cute Carrot Cupcakes

READY IN



75 min.

SERVINGS



24

CALORIES



152 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 8 oz philadelphia cream cheese softened
- 0.3 cup dole pineapple tidbits canned drained
- 1 cup powdered sugar
- 1 tsp vanilla
- 1 pkg carrot cake mix (2-layer size)

Equipment

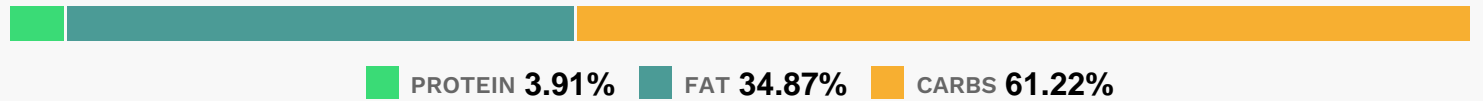
- oven

blender

Directions

- Prepare cake batter and bake as directed on package for 24 cupcakes. Cool in pans 10 min.; remove to wire racks. Cool completely.
- Beat next 4 ingredients with mixer until well blended; spread onto cupcakes.
- Top with pineapple.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.2508695838244%

Nutrients (% of daily need)

Calories: 152.09kcal (7.6%), Fat: 5.97g (9.18%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 23.29g (8.47%), Sugar: 14.8g (16.45%), Cholesterol: 14.63mg (4.88%), Sodium: 194.31mg (8.45%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.51g (3.01%), Phosphorus: 83.51mg (8.35%), Calcium: 57.51mg (5.75%), Vitamin B2: 0.07mg (4.18%), Folate: 16.16µg (4.04%), Selenium: 2.73µg (3.9%), Vitamin A: 187.65IU (3.75%), Vitamin B1: 0.05mg (3.49%), Vitamin B3: 0.53mg (2.67%), Iron: 0.44mg (2.46%), Manganese: 0.05mg (2.29%), Vitamin E: 0.32mg (2.16%), Vitamin B5: 0.12mg (1.2%), Copper: 0.02mg (1.16%), Fiber: 0.28g (1.12%), Zinc: 0.15mg (1.02%)