



Easy Carrot Cake Cupcakes

READY IN



50 min.

SERVINGS



24

CALORIES



255 kcal

DESSERT

Ingredients

- 1 lb cream cheese frosting
- 0.5 cup chocolate chips dark
- 3 eggs
- 0.5 cup walnuts chopped well (pecans or walnuts work)
- 8 oz pineapple rings crushed undrained canned
- 0.5 cup raisins
- 0.5 cup coconut shredded sweetened
- 0.5 cup vegetable oil
- 1 cup water

- 1 box duncan hines classic decadent cake mix
- 0.5 cup chocolate chips white

Equipment

- bowl
- oven
- muffin tray

Directions

- Heat oven to 350F.
- In large bowl, beat cake mix, oil, water and eggs on low speed 30 seconds. Beat on medium speed 2 minutes.
- Stir in up to three of the added ingredients and mix gently.
- Pour into baking cups in cupcake pan, filling each about 2/3 full.
- Bake 17-22 minutes. Cool completely. Pipe or spread frosting over cupcakes. Decorate as desired.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:2.86, Inflammation Score:-1, Nutrition Score:4.0052173552306%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 254.87kcal (12.74%), Fat: 10.16g (15.63%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 38.72g (14.08%), Sugar: 26.81g (29.78%), Cholesterol: 21.28mg (7.09%), Sodium: 206.97mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Phosphorus: 108.74mg (10.87%), Manganese: 0.19mg (9.57%), Calcium: 74.97mg (7.5%), Selenium: 4.49µg (6.41%), Vitamin B2: 0.1mg (5.99%), Folate: 21.82µg (5.45%), Vitamin B1: 0.08mg (5.13%), Copper: 0.1mg (4.99%), Iron: 0.82mg (4.53%), Fiber: 0.96g (3.85%), Vitamin B3: 0.68mg (3.42%), Potassium: 115.73mg (3.31%), Magnesium: 12.42mg (3.1%), Zinc: 0.46mg (3.06%), Vitamin E: 0.44mg (2.94%), Vitamin K: 3.04µg (2.89%), Vitamin B6: 0.05mg (2.66%), Vitamin B5: 0.23mg (2.28%),

Vitamin C: 1.13mg (1.37%), Vitamin B12: 0.08µg (1.34%)