



Eggless Pumpkin Cupcakes

 Vegetarian

READY IN



43 min.

SERVINGS



21

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 0.8 cup buttermilk
- ☐ 8 ounces cream cheese softened
- ☐ 2.3 cup flour all-purpose
- ☐ 2.3 cups granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup yogurt plain
- ☐ 1.5 cups pumpkin puree
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup silken tofu pureed
- ☐ 4 cups confectioner's sugar
- ☐ 1 teaspoon vanilla extract

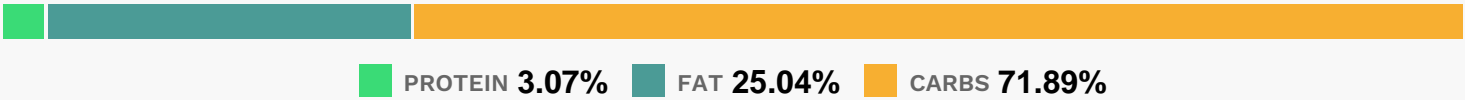
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Line two 12 cups muffin pan with paper liners. In a large bowl cream together the butter and granulated sugar until light and fluffy.
- ☐ Add plain yogurt, pureed silken tofu and vanilla extract to the mixture and beat well. The mixture will look curdled but that's fine.
- ☐ Add the pumpkin puree and beat well again. In another bowl stir together the flour, cinnamon, baking powder, salt, baking soda and ground ginger.
- ☐ Add the dry flour mix to the creamed mixture alternately with buttermilk, beating after each addition. Fill muffin cups three-fourths full.
- ☐ Bake for 20–25 minutes or until a toothpick inserted in the center comes out clean. I baked mine for 23 minutes. Cool for 10 minutes in the pan and then transfer it to a wire cooling rack to cool completely before frosting.

Nutrition Facts



Properties

Glycemic Index:20.91, Glycemic Load:49.62, Inflammation Score:-9, Nutrition Score:6.6543479147165%

Nutrients (% of daily need)

Calories: 394.61kcal (19.73%), Fat: 11.29g (17.38%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 72.94g (24.31%), Net Carbohydrates: 72g (26.18%), Sugar: 61.22g (68.02%), Cholesterol: 30.04mg (10.01%), Sodium: 229.09mg (9.96%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 3.12g (6.23%), Vitamin A: 3091.38IU (61.83%), Selenium: 6.62µg (9.46%), Vitamin B1: 0.13mg (8.5%), Vitamin B2: 0.14mg (8.39%), Manganese: 0.16mg (7.91%), Folate: 29.58µg (7.4%), Iron: 1.02mg (5.68%), Phosphorus: 55.27mg (5.53%), Calcium: 50.59mg (5.06%), Vitamin B3: 0.93mg (4.67%), Fiber: 0.95g (3.78%), Vitamin K: 3.7µg (3.53%), Vitamin E: 0.49mg (3.24%), Copper: 0.06mg (3%), Magnesium: 11.64mg (2.91%), Potassium: 100.43mg (2.87%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.1µg (1.64%), Vitamin B6: 0.03mg (1.41%)