



Five Spice Pineapple Carrot Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons five-spice powder chinese
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 cups carrots shredded 3 to 4 medium carrots
- ☐ 8 ounce cream cheese softened
- ☐ 12 servings crystallized ginger
- ☐ 3 large eggs

- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons ground ginger chinese
- ☐ 0.3 cup pineapple crushed
- ☐ 3 cups powdered sugar
- ☐ 0.8 teaspoon salt
- ☐ 1 cups sugar
- ☐ 2 teaspoons madagascar vanilla extract
- ☐ 2 teaspoons vanilla extract pure
- ☐ 0.5 cup vegetable oil

Equipment

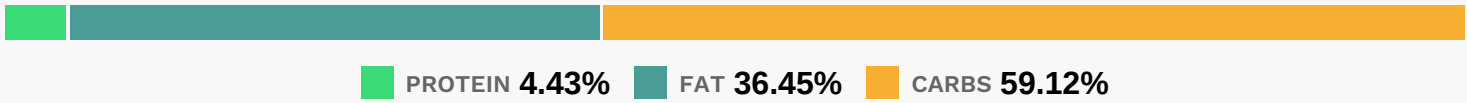
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Line a 12 cup muffin pan with paper cupcake liners.
- ☐ In a large bowl, whisk together the all-purpose flour, baking powder, baking soda, salt, and Chinese five-spice powder.
- ☐ In another large bowl, whisk together the vegetable oil, crushed pineapple, eggs, sugar, vanilla extract and carrots. Then slowly add the flour mixture and beat with an electric hand mixer until just combined, about 2 minutes.
- ☐ Fill the cups 3/4 full with batter.
- ☐ Bake until the cupcakes are set, about 20 to 22 minutes. When they can be handled safely, remove them from the muffin tins and let cool completely on wire racks before frosting.
- ☐ Garnish with crystallized ginger.

In a large bowl, add the cream cheese, butter, vanilla, and ginger. Blend thee ingredients with an electric hand mixer until a creamy consistency is reached, while slowly adding the powdered sugar.;

Nutrition Facts



Properties

Glycemic Index:30.49, Glycemic Load:21.36, Inflammation Score:-10, Nutrition Score:9.6299999848656%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 428.03kcal (21.4%), Fat: 17.56g (27.02%), Saturated Fat: 9.39g (58.7%), Carbohydrates: 64.08g (21.36%), Net Carbohydrates: 62.85g (22.86%), Sugar: 49.43g (54.92%), Cholesterol: 85.92mg (28.64%), Sodium: 398.17mg (17.31%), Alcohol: 0.46g (100%), Alcohol %: 0.41% (100%), Protein: 4.8g (9.61%), Vitamin A: 4126.27IU (82.53%), Selenium: 11.4µg (16.28%), Manganese: 0.27mg (13.72%), Vitamin B2: 0.21mg (12.18%), Vitamin B1: 0.15mg (10.28%), Folate: 40.86µg (10.22%), Phosphorus: 86.46mg (8.65%), Iron: 1.44mg (8.01%), Calcium: 72.55mg (7.25%), Vitamin K: 7.34µg (6.99%), Vitamin B3: 1.23mg (6.17%), Vitamin E: 0.81mg (5.42%), Fiber: 1.23g (4.91%), Vitamin B5: 0.44mg (4.44%), Potassium: 152.61mg (4.36%), Vitamin B6: 0.08mg (3.94%), Zinc: 0.48mg (3.23%), Copper: 0.06mg (3.09%), Magnesium: 12.27mg (3.07%), Vitamin B12: 0.17µg (2.82%), Vitamin C: 1.86mg (2.26%), Vitamin D: 0.25µg (1.67%)