



Fluffy Pumpkin Spiced Cupcakes

READY IN



105 min.

SERVINGS



24

CALORIES



241 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 0.5 cup butter-flavored shortening
- 0.3 cup buttermilk powder dry
- 2 cups cake flour
- 15 ounce pumpkin puree canned
- 0.3 cup cornstarch

- 4 eggs
- 2 teaspoons pumpkin pie spice
- 0.8 teaspoon salt
- 0.3 cup vegetable oil
- 1.5 cups sugar white
- 0.3 cup milk whole

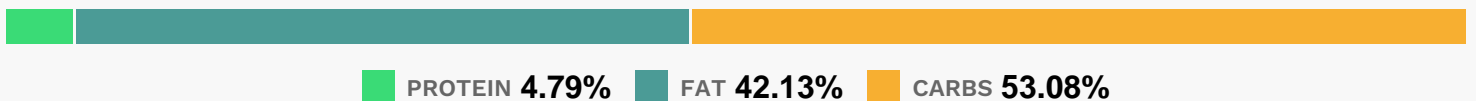
Equipment

- bowl
- oven
- whisk
- wire rack
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 24 muffin cups with paper muffin liners.
- Beat the pumpkin puree, white sugar, brown sugar, shortening, butter, milk, vegetable oil, and eggs together in a large bowl until smooth.
- Whisk the cake flour, dry buttermilk powder, cornstarch, pumpkin pie spice, baking powder, baking soda, and salt together in another bowl.
- Add the dry ingredients to the pumpkin mixture, stirring until mixed.
- Pour batter into the prepared muffin cups, filling each cup about 2/3 full.
- Bake in the preheated until the center of the cupcakes spring back when touched, about 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:13.75, Inflammation Score:-9, Nutrition Score:5.9856522186943%

Nutrients (% of daily need)

Calories: 241kcal (12.05%), Fat: 11.51g (17.71%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 31.84g (11.58%), Sugar: 22.76g (25.29%), Cholesterol: 38.62mg (12.87%), Sodium: 206.02mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Vitamin A: 2922.25IU (58.45%), Selenium: 7.05µg (10.07%), Vitamin K: 9.73µg (9.26%), Manganese: 0.14mg (7.25%), Vitamin E: 0.87mg (5.8%), Calcium: 57.91mg (5.79%), Phosphorus: 54.23mg (5.42%), Vitamin B2: 0.08mg (4.52%), Iron: 0.62mg (3.47%), Vitamin B5: 0.32mg (3.24%), Fiber: 0.8g (3.2%), Potassium: 95.55mg (2.73%), Magnesium: 10.52mg (2.63%), Copper: 0.05mg (2.57%), Folate: 9.87µg (2.47%), Vitamin B12: 0.13µg (2.25%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.04mg (1.83%), Vitamin B1: 0.02mg (1.54%), Vitamin D: 0.18µg (1.21%), Vitamin C: 0.85mg (1.04%), Vitamin B3: 0.2mg (1.02%)