



Gingerbread Cupcakes

READY IN



30 min.

SERVINGS



24

CALORIES



143 kcal

DESSERT

Ingredients

- 0.5 cup buttermilk
- 4 large eggs
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons ground ginger
- 0.3 teaspoon ground nutmeg
- 0.5 cup blackstrap molasses
- 18.3 ounce vanilla cake donut holes
- 0.3 cup vegetable oil

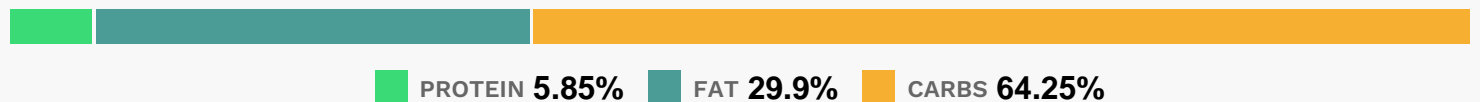
Equipment

- bowl
- oven
- wire rack
- toothpicks
- ziploc bags
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 24 muffin cups with paper muffin liners.
- Mix the cake mix, buttermilk, molasses, vegetable oil, eggs, ginger, cinnamon, and nutmeg together in large bowl until just combined. Spoon the batter into a large resealable plastic bag, press out excess air, and seal the top of the bag. Snip a corner of the bag about 1/4-inch from the bottom. Pipe the batter into the prepared muffin cups, filling them about 2/3 full.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:2.39, Inflammation Score:-1, Nutrition Score:4.0217391615329%

Nutrients (% of daily need)

Calories: 142.97kcal (7.15%), Fat: 4.8g (7.39%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 22.94g (8.34%), Sugar: 14.6g (16.22%), Cholesterol: 31.55mg (10.52%), Sodium: 169.12mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.23%), Manganese: 0.2mg (10.18%), Phosphorus: 95.86mg (9.59%), Selenium: 5.92µg (8.45%), Calcium: 72.62mg (7.26%), Vitamin K: 6.2µg (5.91%), Vitamin B2: 0.09mg (5.52%), Magnesium: 21.19mg (5.3%), Iron: 0.93mg (5.16%), Folate: 19.29µg (4.82%), Potassium: 136.02mg (3.89%), Vitamin B1: 0.06mg (3.7%), Vitamin E: 0.53mg (3.51%), Vitamin B6: 0.07mg (3.5%), Vitamin B3: 0.6mg (3.02%), Copper: 0.06mg (2.99%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.25mg (1.68%), Vitamin B12: 0.1µg (1.62%),

Vitamin D: 0.23 μ g (1.54%), Fiber: 0.28g (1.12%), Vitamin A: 53.43IU (1.07%)