



Gluten-free Pumpkin Cupcakes



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



16

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup buttermilk
- ☐ 8 oz cream cheese room temperature
- ☐ 2 large eggs
- ☐ 2 cups mill's flour gluten-free red
- ☐ 1 Tbsp honey

- ☐ 1.5 teaspoon lemon zest ()
- ☐ 0.3 cup maple syrup
- ☐ 1 Tbsp blackstrap molasses
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup confectioner's powdered sugar sifted
- ☐ 1 cup pumpkin puree
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract

Equipment

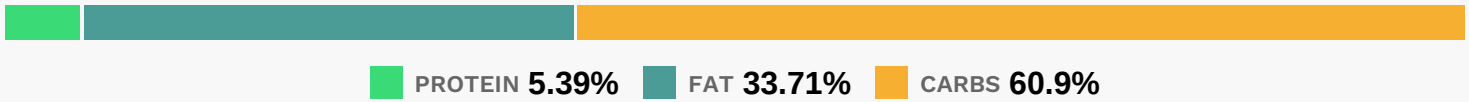
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ wooden spoon
- ☐ muffin tray

Directions

- ☐ Cupcakes1 Preheat the oven to 350°F.
- ☐ Place an oven rack in the center of the oven. In a mixer, beat the butter, molasses, brown sugar, and honey together until light and fluffy, about 2–3 minutes. (Start on low speed and increase to high speed to get the mixture light and fluffy.)2
- ☐ Add the eggs, one by one, mixing well after each addition.
- ☐ Add the vanilla and pumpkin purée. Beat until well mixed.3 In a separate bowl, whisk together the dry ingredients—the flour, baking soda, baking powder, salt and spices.

- ☐
- Add the flour mixture and buttermilk alternately to the pumpkin batter, in three additions, beginning and ending with the flour mixture.4 Use a wooden spoon to mix in the pecans and raisins.5 Arrange paper cupcake holders in a muffin tin. Portion out the batter into the cupcake paper cups, filling them close to the top of the cups.
- ☐
- Bake about 18 minutes, or until a toothpick inserted in the middle comes out clean.
- ☐
- Remove from oven to a rack.
- ☐
- Let cool completely before frosting.Frosting6 In an electric mixer, beat together the cream cheese and butter until smooth.
- ☐
- Add maple syrup and confectioners' sugar and mix to combine. Once cupcakes have cooled, apply the frosting.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:6.39, Inflammation Score:-9, Nutrition Score:7.2139130001483%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 298.2kcal (14.91%), Fat: 11.68g (17.96%), Saturated Fat: 5.28g (33.03%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 44.51g (16.19%), Sugar: 27.82g (30.91%), Cholesterol: 46.02mg (15.34%), Sodium: 217.74mg (9.47%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4.2g (8.4%), Vitamin A: 2710.61IU (54.21%), Manganese: 0.38mg (18.98%), Fiber: 2.95g (11.79%), Vitamin B2: 0.17mg (10.05%), Iron: 1.42mg (7.9%), Calcium: 70.26mg (7.03%), Potassium: 208.92mg (5.97%), Selenium: 4.16µg (5.94%), Phosphorus: 58.96mg (5.9%), Copper: 0.11mg (5.44%), Magnesium: 18.86mg (4.71%), Vitamin B6: 0.07mg (3.46%), Vitamin B5: 0.33mg (3.33%), Vitamin B1: 0.05mg (3.33%), Vitamin E: 0.49mg (3.26%), Vitamin K: 3.21µg (3.06%), Zinc: 0.43mg (2.88%), Vitamin B12: 0.13µg (2.12%), Folate: 7.76µg (1.94%), Vitamin D: 0.28µg (1.84%), Vitamin C: 1.22mg (1.48%), Vitamin B3: 0.26mg (1.3%)