



## Jack-o-lantern Pumpkin Cakes with Nutella Filling



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

DESSERT

### Ingredients

- ☐ 1.5 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 1 cup pumpkin puree canned
- ☐ 2 eggs
- ☐ 1 cup flour
- ☐ 1 tsp ground cinnamon
- ☐ 0.5 cup nutella

- ☐ 0.8 cup sugar
- ☐ 0.5 cup tbsp vegetable oil

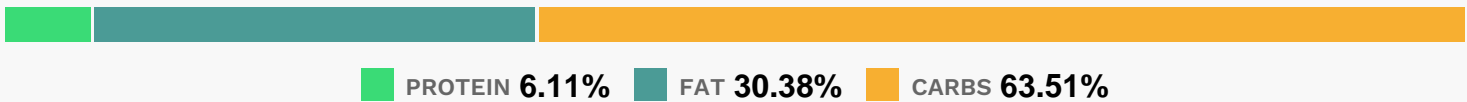
## Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks

## Directions

- ☐ Preheat oven to 350F.
- ☐ Combine the sugar, oil, pumpkin and eggs in a large mixing bowl. In a separate bowl, whisk together flour, baking powder, baking soda, cinnamon.
- ☐ Add flour mixture to the wet mixture and mix on high speed for about 5 minutes until batter is smooth and no clumps of flour remain.
- ☐ Grease cupcake pumpkin molds. Spoon batter into each mold until about 1/2 full.
- ☐ Add one heaping teaspoon of Nutella into the middle of each mold. Spoon more batter into each cupcake liner so that the Nutella is covered and cupcake molds are about 2/3 full.
- ☐ Bake in preheated oven for approximately 15–20 minutes or until tops are firm and a toothpick inserted on the side comes out clean. If you insert it where the Nutella is, only melted Nutella should cling to the toothpick and not uncooked batter crumbs.
- ☐ After cakes have cooled, use ready made green icing to pipe leaves on top. Decorate jack-o-lantern faces with edible black pen.

## Nutrition Facts



## Properties

Glycemic Index:22.62, Glycemic Load:16.72, Inflammation Score:-9, Nutrition Score:7.6039130739544%

## Nutrients (% of daily need)

Calories: 187.74kcal (9.39%), Fat: 6.43g (9.89%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 28.57g (10.39%), Sugar: 19.96g (22.18%), Cholesterol: 27.28mg (9.09%), Sodium: 182.74mg (7.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin A: 3218.06IU (64.36%), Manganese: 0.25mg (12.52%), Selenium: 6.4µg (9.14%), Iron: 1.53mg (8.51%), Vitamin E: 1.07mg (7.16%), Vitamin B2: 0.12mg (7.04%), Vitamin B1: 0.1mg (6.69%), Folate: 26.72µg (6.68%), Fiber: 1.66g (6.66%), Vitamin K: 6.97µg (6.63%), Phosphorus: 64.65mg (6.47%), Calcium: 60.56mg (6.06%), Copper: 0.1mg (5.12%), Magnesium: 16.15mg (4.04%), Vitamin B3: 0.75mg (3.76%), Potassium: 115.5mg (3.3%), Vitamin B5: 0.29mg (2.85%), Zinc: 0.34mg (2.27%), Vitamin B6: 0.04mg (1.95%), Vitamin B12: 0.1µg (1.65%), Vitamin C: 0.87mg (1.05%)