



Mini Halloween Pumpkin Cupcakes

 Vegetarian

READY IN



140 min.

SERVINGS



24

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 0.5 cup pumpkin puree pure canned
- ☐ 8 ounce cream cheese room temperature
- ☐ 1 large eggs
- ☐ 0.7 cup brown sugar packed ()
- ☐ 24 servings orange food coloring white black yellow
- ☐ 2 cups powdered sugar
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 cup self raising flour

- ☐ 0.3 cup cream sour
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil

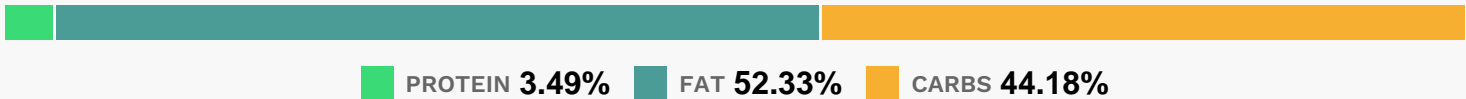
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Line 24 mini muffincups with 1 3/4x 1-inch paper liners.
- ☐ Mix flour, golden brown sugar, and pumpkin pie spice in large bowl.
- ☐ Whisk egg, canned pure pumpkin, vegetable oil, sour cream, and vanilla extract in medium bowl.
- ☐ Add mixture to dry ingredients; stir to fully combine. Spoon batter into paper liners (batter will almost fill liners). Scatter crystallized ginger over, if desired.
- ☐ Bake cupcakes until tester inserted into center comes out clean, about 16 minutes.
- ☐ Remove cupcakes from pan and let cool completely on rack. Using electric mixer, beat cream cheese and butter in large bowl to blend. Beat in powdered sugar.
- ☐ Divide frosting among 3 bowls. Tint frosting in first bowl with orange coloring (or combine red and yellow coloring to make orange) and frosting in second bowl with black coloring, keeping frosting in third bowl white. Chill frosting 2 hours or until firm enough to easily spread. Frost cupcakes; decorate using candy and sugar crystals as desired.
- ☐ Per serving: 163.9 kcal calories, 51.6 % calories from fat, 9.5 g fat, 4.0 g saturated fat,
- ☐ 4 mg cholesterol,
- ☐ 8 g carbohydrates,
- ☐ (Analysis includes 2 teaspoons frosting per cupcake.)
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:2.59, Inflammation Score:-6, Nutrition Score:2.7373913073021%

Nutrients (% of daily need)

Calories: 187kcal (9.35%), Fat: 11.05g (17.01%), Saturated Fat: 5.22g (32.62%), Carbohydrates: 21g (7%), Net Carbohydrates: 20.7g (7.53%), Sugar: 16.41g (18.24%), Cholesterol: 29.35mg (9.78%), Sodium: 36.52mg (1.59%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Protein: 1.66g (3.32%), Vitamin A: 1071.15IU (21.42%), Vitamin K: 7.03µg (6.7%), Selenium: 3.85µg (5.51%), Manganese: 0.08mg (4.12%), Vitamin E: 0.55mg (3.67%), Vitamin B2: 0.05mg (2.73%), Phosphorus: 25.09mg (2.51%), Calcium: 23.14mg (2.31%), Vitamin B5: 0.15mg (1.53%), Iron: 0.25mg (1.39%), Potassium: 46mg (1.31%), Magnesium: 4.8mg (1.2%), Copper: 0.02mg (1.2%), Fiber: 0.3g (1.19%), Folate: 4.6µg (1.15%)