



Mini Pumpkin-Molasses Cakes

 Vegetarian

READY IN



94 min.

SERVINGS



20

CALORIES



201 kcal

DESSERT

Ingredients

- 1 tablespoon baking soda
- 0.8 cup brown sugar packed
- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 1 cup pumpkin puree canned
- 1 Leaves individually wrapped caramels (optional, instructions below)
- 1 large eggs
- 1.8 cups flour all-purpose

- 0.8 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 20 servings rum
- 0.3 teaspoon salt
- 20 servings vanilla

Equipment

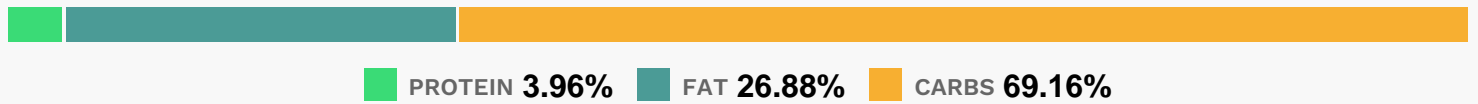
- frying pan
- oven
- knife
- wire rack
- hand mixer
- rolling pin
- muffin tray

Directions

- Preheat oven to 37
- Beat butter at medium speed with an electric mixer until creamy; gradually add brown sugar, beating well.
- Add egg, beating until blended.
- Add canned pumpkin and molasses, beating well.
- Combine flour and next 3 ingredients; gradually add to pumpkin mixture, beating at low speed just until blended. Spoon into a lightly greased pumpkin-shaped muffin pan, filling three-fourths full.
- Bake at 375 for 24 to 26 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on wire rack 5 minutes.
- Remove from pan to wire rack, and cool completely (about 30 minutes).
- Cut rounded tops off muffins to make them flat. Invert top muffins onto bottom muffins, forming pumpkins.
- Drizzle glaze over pumpkins. Decorate with Caramel Stems, Leaves, and Vines, if desired.

- CAMEL STEM: Press 1 caramel between fingers, lengthening to 1 1/2 to 2 inches to form a stem. Curl stem gently.
- Roll caramels into 2-inch squares on a flat surface, using a rolling pin.
- Cut into leaves, using a paring knife. Gently press tips of leaves to flatten, if desired. Score leaves, using a paring knife. Pinch bottoms of leaves together.
- Cut 1 caramel into 3 equal pieces. Squeeze each piece gently to flatten, and roll between hands or on a flat surface into a long thin rope. Twist ends to curl.
- *Vanilla Glaze may be substituted.
- Note: We tested with Wilton Dimensions Multi-Cavity Mini Pumpkin Pan.

Nutrition Facts



Properties

Glycemic Index:12.45, Glycemic Load:7.45, Inflammation Score:-8, Nutrition Score:5.0447827046332%

Nutrients (% of daily need)

Calories: 201.13kcal (10.06%), Fat: 4.99g (7.68%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 28.25g (10.27%), Sugar: 19.76g (21.96%), Cholesterol: 21.5mg (7.17%), Sodium: 240.66mg (10.46%), Alcohol: 5.35g (100%), Alcohol %: 9.85% (100%), Protein: 1.66g (3.31%), Vitamin A: 2061.83IU (41.24%), Manganese: 0.2mg (9.93%), Selenium: 5.57µg (7.96%), Vitamin B1: 0.09mg (6.19%), Iron: 1.06mg (5.89%), Folate: 23.01µg (5.75%), Vitamin B2: 0.08mg (4.46%), Magnesium: 17.61mg (4.4%), Vitamin B3: 0.77mg (3.83%), Potassium: 128.08mg (3.66%), Copper: 0.06mg (3.16%), Calcium: 30.2mg (3.02%), Fiber: 0.66g (2.64%), Vitamin B6: 0.05mg (2.6%), Phosphorus: 25.22mg (2.52%), Vitamin K: 2.4µg (2.28%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.29mg (1.96%), Zinc: 0.16mg (1.08%)