



Mini Pumpkin-Molasses Cakes

 Vegetarian

READY IN



94 min.

SERVINGS



20

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup pumpkin canned
- ☐ 1 Leaves caramel stems (optional, instructions below)
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 teaspoon ground ginger

- ☐ 0.3 cup blackstrap molasses
- ☐ 20 servings caramel-rum glaze
- ☐ 0.3 teaspoon salt
- ☐ 20 servings vanilla glaze

Equipment

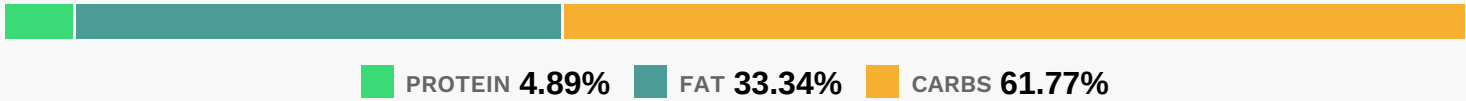
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ rolling pin
- ☐ muffin tray

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:4.9369566064814%

Nutrients (% of daily need)

Calories: 169.78kcal (8.49%), Fat: 4.99g (7.68%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 20.16g (7.33%), Sugar: 11.76g (13.06%), Cholesterol: 21.5mg (7.17%), Sodium: 238.35mg (10.36%), Alcohol: 5.35g (100%), Alcohol %: 11.19% (100%), Protein: 1.65g (3.29%), Vitamin A: 2061.83IU (41.24%), Manganese: 0.19mg (9.67%), Selenium: 5.47µg (7.82%), Vitamin B1: 0.09mg (6.19%), Folate: 22.93µg (5.73%), Iron: 1mg (5.57%), Vitamin B2: 0.08mg (4.46%), Magnesium: 16.86mg (4.22%), Vitamin B3: 0.76mg (3.78%), Potassium: 117.11mg (3.35%), Copper: 0.06mg (2.97%), Fiber: 0.66g (2.64%), Phosphorus: 24.89mg (2.49%), Vitamin B6: 0.05mg (2.43%), Calcium: 23.35mg (2.34%), Vitamin K: 2.4µg (2.28%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.16mg (1.06%)