



HEALTH SCORE

86%

Pineapple-Carrot Cake Cupcakes with Buttermilk-Cream Cheese Frosting



Very Healthy

READY IN



245 min.

SERVINGS



1

CALORIES



5806 kcal

DESSERT

Ingredients

- ☐ 1 cup carrots finely grated
- ☐ 3 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 serving liquid malt extract green egg-shaped cut into strips
- ☐ 24 peanut butter cups
- ☐ 0.5 cup pecans toasted finely chopped

- ☐ 8 oz pineapple rings crushed drained well canned
- ☐ 8 oz cream sour
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 18.3 oz cake mix white

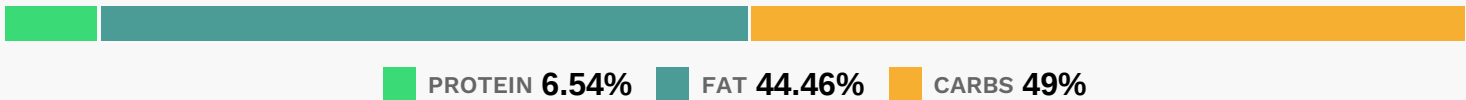
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ melon baller

Directions

- ☐ Preheat oven to 32
- ☐ Place baking cups in 2 (12-cup) muffin pans, and lightly coat with cooking spray.
- ☐ Beat eggs at medium speed with an electric mixer 2 minutes.
- ☐ Add carrots and next 7 ingredients, beating well after each addition.
- ☐ Add cake mix, and beat at low speed just until blended. Spoon batter into prepared cups, filling three-fourths full.
- ☐ Bake at 325 for 25 to 27 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans to wire racks, and cool completely (about 45 minutes).
- ☐ Scoop out centers of cupcakes, using a 1-inch melon baller and leaving a 1/2-inch border around edges. Discard or reserve centers for another use. Spoon a heaping tablespoonful Pineapple Filling into center of each cupcake.
- ☐ Pipe cupcakes with Buttermilk-Cream Cheese Frosting.

Nutrition Facts



Properties

Glycemic Index:61.83, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:84.268695499586%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3–gallate: 1.14mg, Epigallocatechin 3–gallate: 1.14mg, Epigallocatechin 3–gallate: 1.14mg, Epigallocatechin 3–gallate: 1.14mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 5805.72kcal (290.29%), Fat: 294.56g (453.17%), Saturated Fat: 93.82g (586.37%), Carbohydrates: 730.42g (243.47%), Net Carbohydrates: 697.53g (253.65%), Sugar: 469.28g (521.42%), Cholesterol: 721.33mg (240.44%), Sodium: 5501.59mg (239.2%), Alcohol: 0.69g (100%), Alcohol %: 0.05% (100%), Caffeine: 28.56mg (9.52%), Protein: 97.42g (194.85%), Vitamin A: 24029.46IU (480.59%), Phosphorus: 3145.86mg (314.59%), Manganese: 4.27mg (213.74%), Calcium: 1961.52mg (196.15%), Vitamin B2: 3.02mg (177.76%), Folate: 706.73µg (176.68%), Vitamin B1: 2.63mg (175.37%), Vitamin B3: 34.7mg (173.51%), Selenium: 111.63µg (159.47%), Vitamin K: 148.19µg (141.13%), Fiber: 32.89g (131.55%), Copper: 2.5mg (124.82%), Magnesium: 482.94mg (120.73%), Iron: 20.61mg (114.48%), Potassium: 3288.45mg (93.96%), Vitamin E: 13.71mg (91.42%), Zinc: 13.35mg (88.97%), Vitamin B5: 8.03mg (80.33%), Vitamin B6: 1.45mg (72.38%), Vitamin B12: 3.04µg (50.67%), Vitamin C: 33.37mg (40.45%), Vitamin D: 3µg (20%)