



Pumpkin Brownie Cupcakes with Vanilla Bean Buttercream

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 1.5 cups brownie mix dry
- ☐ 0.5 cup chocolate chips mini
- ☐ 4 large eggs
- ☐ 0.8 cup regular milk
- ☐ 3 tablespoons milk
- ☐ 3.8 cups powdered sugar
- ☐ 15 ounce pumpkin such as libby's canned

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 vanilla pod
- ☐ 0.5 cup vegetable oil
- ☐ 1 box duncan hines classic decadent cake mix yellow

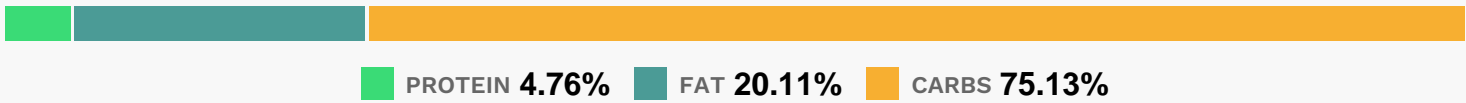
Equipment

- ☐ oven
- ☐ stand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F. and line 24 cupcake cups with liners.
- ☐ Place cake mix, brownie mix, oil, sour cream, buttermilk, eggs and pumpking into stand mixer. Beat until well combined, about 1-2 minutes. Scoop batter into lined cups 3/4 full.
- ☐ Bake for 22-27 minutes, until baked through.
- ☐ Remove and let cool completely. While cupcakes are cooling, place butter into stand mixer and beat until creamy. Slowly add powdered sugar until you've got a nice consistency. Stir in vanilla bean seeds and milk until smooth. Frost over cupcakes and top with mini chocolate chips.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:5.0143477761227%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg

Nutrients (% of daily need)

Calories: 276.55kcal (13.83%), Fat: 6.25g (9.62%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 52.1g (18.95%), Sugar: 38.48g (42.76%), Cholesterol: 35.44mg (11.81%), Sodium: 225.01mg (9.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin A: 1607.04IU (32.14%),

Phosphorus: 102.99mg (10.3%), Vitamin B2: 0.13mg (7.91%), Calcium: 74.15mg (7.41%), Iron: 1.21mg (6.75%), Folate: 22.06µg (5.52%), Selenium: 3.86µg (5.52%), Vitamin B1: 0.07mg (4.5%), Vitamin E: 0.57mg (3.81%), Manganese: 0.07mg (3.36%), Vitamin B3: 0.62mg (3.12%), Vitamin B5: 0.31mg (3.11%), Potassium: 101.17mg (2.89%), Vitamin B12: 0.15µg (2.51%), Vitamin K: 2.62µg (2.49%), Copper: 0.05mg (2.4%), Vitamin B6: 0.05mg (2.37%), Vitamin C: 1.66mg (2.01%), Vitamin D: 0.28µg (1.9%), Zinc: 0.28mg (1.84%), Fiber: 0.45g (1.79%), Magnesium: 6.73mg (1.68%)