



Pumpkin Carrot Cupcakes

 Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 1 box betty delights super carrot cake mix
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup raisins
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 cup butter softened
- ☐ 6 oz cream cheese softened
- ☐ 2 cups powdered sugar

☐ 1 serving pecans toasted chopped

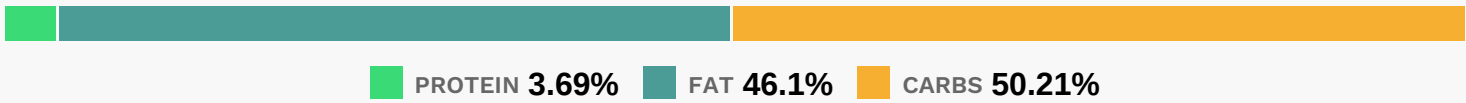
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. Make cake mix as directed on box, using water, oil and eggs. Stir in pumpkin and cinnamon with whisk. Fold in raisins and pecans. Divide batter evenly among muffin cups.
- ☐ Bake 22 to 24 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ In medium bowl, beat butter, cream cheese and powdered sugar with electric mixer on medium speed until light and fluffy. Frost cupcakes. Top with pecans. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:3.6608695595161%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate:

0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 240.62kcal (12.03%), Fat: 12.46g (19.17%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 28.5g (10.36%), Sugar: 18.04g (20.04%), Cholesterol: 27.49mg (9.16%), Sodium: 189.66mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin A: 1763.74IU (35.27%), Manganese: 0.17mg (8.28%), Fiber: 2.04g (8.16%), Iron: 0.74mg (4.11%), Calcium: 29.18mg (2.92%), Vitamin B2: 0.04mg (2.54%), Phosphorus: 23.61mg (2.36%), Copper: 0.05mg (2.33%), Vitamin E: 0.31mg (2.09%), Vitamin B5: 0.2mg (2%), Potassium: 61.93mg (1.77%), Vitamin C: 1.36mg (1.65%), Vitamin B6: 0.03mg (1.64%), Magnesium: 6.36mg (1.59%), Vitamin B1: 0.02mg (1.5%), Selenium: 1µg (1.42%), Folate: 5.46µg (1.37%), Zinc: 0.19mg (1.24%)