



Pumpkin Carrot Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 6 oz cream cheese softened
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup pecans toasted chopped
- ☐ 24 servings pecans toasted chopped
- ☐ 2 cups powdered sugar
- ☐ 0.5 cup raisins
- ☐ 1 box duncan hines classic decadent cake mix

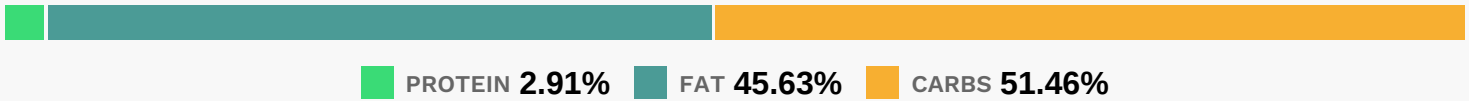
Equipment

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

Directions

- ☐ Heat oven to 350F.
- ☐ 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:1.4, Inflammation Score:-7, Nutrition Score:4.7665217441061%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 255kcal (12.75%), Fat: 13.29g (20.45%), Saturated Fat: 6.93g (43.3%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 32.01g (11.64%), Sugar: 19.25g (21.39%), Cholesterol: 27.49mg (9.16%), Sodium: 256.81mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin A: 1267.03IU (25.34%), Manganese: 0.25mg (12.65%), Phosphorus: 98.86mg (9.89%), Fiber: 1.71g (6.85%), Calcium: 64.14mg (6.41%), Vitamin B2: 0.09mg (5.36%), Folate: 20.75µg (5.19%), Vitamin B1: 0.08mg (5.04%), Selenium: 2.88µg (4.12%), Iron: 0.72mg (4%), Copper: 0.08mg (3.78%), Vitamin E: 0.51mg (3.43%), Vitamin B3: 0.64mg (3.19%), Vitamin B5: 0.27mg (2.72%), Magnesium: 9.89mg (2.47%), Potassium: 79.22mg (2.26%), Zinc: 0.33mg (2.19%), Vitamin B6: 0.04mg (2.04%), Vitamin K: 1.52µg (1.45%)