



## Pumpkin Chip Cupcakes

READY IN



40 min.

SERVINGS



15

CALORIES



342 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup butter softened
- 1 cup pumpkin puree canned
- 0.5 cup canola oil
- 1 cup chocolate chips miniature
- 2 cups powdered sugar
- 8 ounces cream cheese softened
- 2 eggs lightly beaten

- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.5 cup honey
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 0.3 cup water
- 0.8 cup flour whole wheat

## Equipment

- bowl
- oven
- toothpicks
- aluminum foil
- muffin liners

## Directions

- In a large bowl, combine the first seven ingredients.
- Combine the eggs, pumpkin, oil, honey and water. Stir into dry ingredients just until combined; fold in walnuts and chocolate chips.
- Fill greased or foil-lined muffin cups three-fourths full.
- Bake at 350° for 20–25 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, in a small bowl, beat the cream cheese, butter and vanilla until fluffy. Gradually beat in confectioners' sugar until smooth. Frost cupcakes.

## Nutrition Facts



## Properties

Glycemic Index:26.08, Glycemic Load:9.81, Inflammation Score:-9, Nutrition Score:8.4239130642103%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

## Nutrients (% of daily need)

Calories: 341.51kcal (17.08%), Fat: 15.96g (24.55%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 45.09g (16.39%), Sugar: 33.76g (37.51%), Cholesterol: 47.03mg (15.68%), Sodium: 269.29mg (11.71%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4.74g (9.48%), Vitamin A: 2899.67IU (57.99%), Manganese: 0.48mg (24.24%), Selenium: 10.12µg (14.46%), Phosphorus: 84.76mg (8.48%), Vitamin B2: 0.14mg (8.01%), Fiber: 1.99g (7.97%), Vitamin B1: 0.12mg (7.93%), Iron: 1.3mg (7.25%), Folate: 28.16µg (7.04%), Copper: 0.13mg (6.5%), Calcium: 61.61mg (6.16%), Magnesium: 22.6mg (5.65%), Vitamin E: 0.79mg (5.27%), Vitamin B3: 0.93mg (4.64%), Vitamin K: 4.54µg (4.33%), Vitamin B6: 0.08mg (3.98%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.35mg (3.49%), Potassium: 117.57mg (3.36%), Vitamin B12: 0.09µg (1.53%), Vitamin C: 0.87mg (1.05%)