



Pumpkin Cupcakes

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 stick butter softened
- ☐ 2 tablespoons butter at room temperature
- ☐ 0.5 cup pumpkin puree pure canned
- ☐ 8 ounce block cream cheese
- ☐ 2 large eggs

- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 12 servings kosher salt
- ☐ 2 tablespoons maple syrup pure
- ☐ 0.5 teaspoon nutmeg
- ☐ 12 servings pecans toasted chopped for topping
- ☐ 2 cups powdered sugar
- ☐ 0.5 cup sugar
- ☐ 1.5 teaspoons vanilla extract pure

Equipment

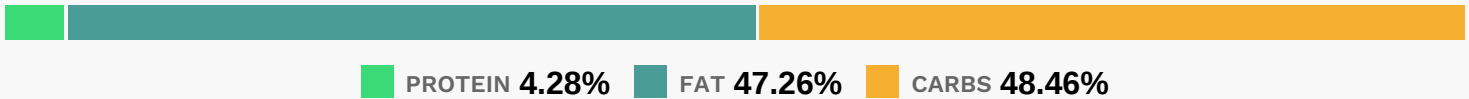
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ ice cream scoop
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ For the pumpkin cupcakes: Preheat the oven to 350 degrees F. Line one 12-cup muffin pan with paper cupcake liners.
- ☐ In a medium bowl, whisk together the flour, cinnamon, ginger, allspice, nutmeg, baking powder, baking soda and 1/4 teaspoon salt. Set aside.

- ☐ In a large bowl, add the butter and the sugar. Beat with a hand-held mixer until light and fluffy, 3 to 4 minutes.
- ☐ Add the pumpkin puree and the vanilla extract. Slowly beat in the eggs, one at a time. Incorporate the dry mixture into the wet mixtures together until thoroughly combined.
- ☐ Using an ice cream scoop, fill each cupcake liner 3/4 of the way full.
- ☐ Bake until the tops turn golden brown and a toothpick inserted in the center of the cupcake comes out clean, about 20 minutes.
- ☐ Remove the cupcakes from the oven to a wire rack and cool completely before frosting.
- ☐ Add the cream cheese, butter, maple syrup, and salt to a large bowl and beat until creamy. Gradually add the powdered sugar until thoroughly combined.
- ☐ Top the cupcakes with the frosting and chopped pecans.

Nutrition Facts



Properties

Glycemic Index:41.72, Glycemic Load:12.74, Inflammation Score:-8, Nutrition Score:6.2291304417278%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 332.37kcal (16.62%), Fat: 17.74g (27.3%), Saturated Fat: 10.24g (63.98%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 40.13g (14.59%), Sugar: 31.12g (34.58%), Cholesterol: 75.35mg (25.12%), Sodium: 405.45mg (17.63%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 3.62g (7.23%), Vitamin A: 2182.79IU (43.66%), Manganese: 0.28mg (13.84%), Selenium: 8.14µg (11.63%), Vitamin B2: 0.19mg (11.31%), Vitamin B1: 0.1mg (6.79%), Folate: 26.59µg (6.65%), Phosphorus: 61.34mg (6.13%), Iron: 0.9mg (4.99%), Calcium: 47.09mg (4.71%), Vitamin E: 0.65mg (4.37%), Vitamin B3: 0.71mg (3.56%), Vitamin B5: 0.34mg (3.45%), Fiber: 0.81g (3.24%), Vitamin K: 3µg (2.85%), Copper: 0.05mg (2.61%), Zinc: 0.38mg (2.56%), Magnesium: 10.14mg (2.53%), Potassium: 87.4mg (2.5%), Vitamin B12: 0.14µg (2.26%), Vitamin B6: 0.04mg (1.94%), Vitamin D: 0.17µg (1.11%)