



Pumpkin Cupcakes with Buttermilk Icing

READY IN



70 min.

SERVINGS



30

CALORIES



192 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 4 cups cake flour
- 2 cups pumpkin puree canned
- 4 large eggs at room temperature
- 2.3 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 2.3 teaspoons ground ginger
- 1 teaspoon kosher salt

- 2 cups brown sugar light packed
- 1 teaspoon nutmeg freshly grated
- 8 ounces butter unsalted at room temperature
- 2 teaspoons vanilla extract
- 1 cup milk whole

Equipment

- bowl
- oven
- whisk
- stand mixer
- muffin liners

Directions

- Heat the oven to 350°F and arrange the rack in the middle. Line muffin pans with cupcake liners. Sift together dry ingredients in a bowl and set aside.
- Whisk together pumpkin and milk in a separate bowl and set aside. In the bowl of a stand mixer fitted with a paddle attachment, beat butter and sugar on high speed until light and fluffy, about 5 minutes.
- Add eggs one at a time, beating and then scraping the bowl down after each addition.
- Add vanilla and beat until smooth.
- Add dry ingredients in three batches, alternating with pumpkin-milk mixture, mixing on low speed, and scraping the bowl down between additions. When all ingredients have been added, mix batter 30 seconds on medium-high speed until uniformly combined. Fill the cupcake liners 3/4 full with batter and bake until a tester inserted in cupcake centers comes out clean, about 18 to 20 minutes.
- Remove cupcakes from the oven and allow to cool 5 minutes before removing from the pans.
- Let cool completely on a rack, decorate with icing, and serve.

Nutrition Facts



■ PROTEIN 6.97% ■ FAT 34.14% ■ CARBS 58.89%

Properties

Glycemic Index:9.07, Glycemic Load:8.09, Inflammation Score:-9, Nutrition Score:6.0769564561222%

Nutrients (% of daily need)

Calories: 192.46kcal (9.62%), Fat: 7.39g (11.37%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 27.67g (10.06%), Sugar: 15.3g (17%), Cholesterol: 42.03mg (14.01%), Sodium: 157.08mg (6.83%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 3.39g (6.78%), Vitamin A: 2781.05IU (55.62%), Manganese: 0.29mg (14.36%), Selenium: 9.23µg (13.19%), Calcium: 60.27mg (6.03%), Phosphorus: 55.04mg (5.5%), Fiber: 1.01g (4.05%), Iron: 0.7mg (3.87%), Vitamin B2: 0.06mg (3.76%), Vitamin E: 0.5mg (3.32%), Vitamin K: 3.38µg (3.22%), Copper: 0.06mg (3.16%), Vitamin B5: 0.3mg (3%), Magnesium: 12.02mg (3%), Potassium: 97.06mg (2.77%), Folate: 11.06µg (2.77%), Vitamin D: 0.34µg (2.24%), Zinc: 0.31mg (2.08%), Vitamin B6: 0.04mg (1.97%), Vitamin B12: 0.12µg (1.94%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.28mg (1.39%)