



Pumpkin cupcakes with chocolate ganache filling and topped with meringue ghosts

READY IN



45 min.

SERVINGS



12

CALORIES



341 kcal

DESSERT

Ingredients

- 1.5 tsp double-acting baking powder
- 1 tsp baking soda
- 1 cup pumpkin puree canned
- 12 servings chocolate chips mini for eyes
- 0.1 tsp cream of tartar
- 8 oz chocolate dark chopped
- 2 egg whites
- 2 eggs

- 1 cup flour
- 1 tsp ground cinnamon
- 1 cup heavy cream
- 0.3 tsp nutmeg
- 1 pinch salt
- 0.5 cup powder sugar
- 0.8 cup sugar
- 0.5 cup tbsp vegetable oil

Equipment

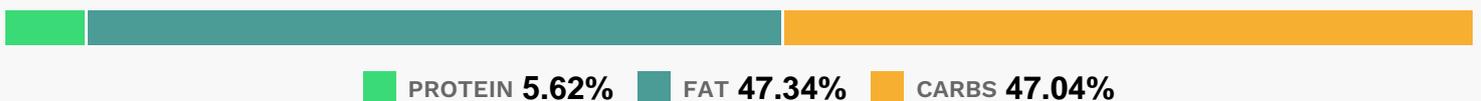
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- mixing bowl
- toothpicks
- muffin liners
- muffin tray
- measuring spoon

Directions

- First make the chocolate ganache. In a small saucepan, bring the heavy cream to a boil and then pour over a bowl with the chopped chocolates.
- Mix and stir until chocolate is completely melted and smooth.
- Place in fridge to chill until ganache is firm enough for piping, about 1 hour.
- Next, make the meringues. Preheat oven to 200F. In a clean mixing bowl, whip egg whites at high speed until foamy.

- Add in the cream of tartar and sugar and continue to whip until stiff peaks form. You should be able to turn the mixing bowl upside down without your egg whites falling out. Using a piping bag, pipe ghosts onto a baking sheet lined with parchment paper. Use mini chocolate chips, insert two to form eyes for each ghost.
- Bake for about 1 hour until meringues dry out and are firm.
- To make the cupcakes: Preheat oven to 350F.
- Combine the sugar, oil, pumpkin and eggs in a large mixing bowl. In a separate bowl, whisk together flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
- Add flour mixture to the wet mixture and mix on high speed for about 5 minutes until batter is smooth and no clumps of flour remain.
- Line cupcake pan with cupcake liners. Spoon batter in each cupcake liner until about 1/2 full. Using the 1/2 tbsp measuring spoon, scoop out about 1/2 tbsp of firm chocolate ganache and drop in the middle of each cupcake. Spoon more batter into each cupcake liner so that the ganache is covered and cupcake liners are about 2/3 full.
- Bake in preheated oven for approximately 15 minutes or until tops are firm and a toothpick inserted on the side comes out clean. If you insert it where the ganache is, only melted ganache should cling to the toothpick and not uncooked batter crumbs.
- After cupcakes have completely cooled, pipe a layer of chocolate ganache frosting with the remaining ganache.
- Place a meringue ghost in the center of each cupcake.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:21.97, Inflammation Score:-9, Nutrition Score:11.195652039155%

Nutrients (% of daily need)

Calories: 340.85kcal (17.04%), Fat: 18.22g (28.03%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 37.65g (13.69%), Sugar: 27.31g (30.35%), Cholesterol: 50.41mg (16.8%), Sodium: 199.07mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.12mg (5.04%), Protein: 4.86g (9.73%), Vitamin A: 3518.89IU (70.38%), Manganese: 0.51mg (25.63%), Copper: 0.38mg (19.1%), Iron: 3.28mg (18.2%), Magnesium: 53.27mg (13.32%), Selenium: 8.88µg (12.68%), Fiber: 3.09g (12.34%), Phosphorus: 116.22mg (11.62%), Vitamin B2: 0.17mg (10.24%), Vitamin K: 8.74µg (8.33%), Calcium: 75.63mg (7.56%), Vitamin B1: 0.1mg (6.69%), Potassium:

232.23mg (6.64%), Folate: 26µg (6.5%), Zinc: 0.88mg (5.89%), Vitamin E: 0.75mg (4.98%), Vitamin B3: 0.92mg (4.58%), Vitamin B5: 0.38mg (3.8%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.15µg (2.57%), Vitamin B6: 0.04mg (2.16%), Vitamin C: 0.99mg (1.2%)