



## Pumpkin Cupcakes with Cinnamon-Cream Cheese Frosting

READY IN



72 min.

SERVINGS



12

CALORIES



544 kcal

DESSERT

### Ingredients

- 0.3 cup butter softened
- 15 oz pumpkin canned
- 1 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 1.5 tsp ground cinnamon
- 0.3 cup oil
- 16 oz powdered sugar

- 1 pkg spice cake mix (2-layer size)
- 1 tsp vanilla

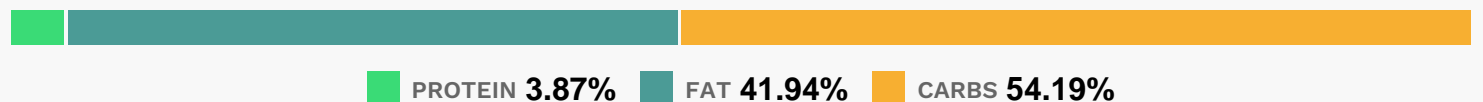
## Equipment

- bowl
- oven
- blender
- toothpicks
- muffin liners

## Directions

- Heat oven to 350F.
- Beat first 5 ingredients with mixer until blended; spoon into 24 paper-lined muffin cups.
- Bake 20 to 22 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min.; remove from pans. Cool completely.
- Beat cream cheese, butter and vanilla in large bowl with mixer until blended. Gradually beat in sugar. Blend in cinnamon.
- Spread over cupcakes.

## Nutrition Facts



## Properties

Glycemic Index:6.83, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:12.393043559531%

## Nutrients (% of daily need)

Calories: 544.16kcal (27.21%), Fat: 25.82g (39.72%), Saturated Fat: 10.42g (65.1%), Carbohydrates: 75.05g (25.02%), Net Carbohydrates: 73.12g (26.59%), Sugar: 59.68g (66.31%), Cholesterol: 81.48mg (27.16%), Sodium: 396.96mg (17.26%), Alcohol: 0.12g (100%), Alcohol %: 0.09% (100%), Protein: 5.35g (10.71%), Vitamin A: 6068.11IU (121.36%), Manganese: 0.36mg (17.93%), Phosphorus: 167.7mg (16.77%), Iron: 2.8mg (15.53%), Vitamin B2: 0.26mg (15.16%), Vitamin K: 12.9µg (12.29%), Vitamin E: 1.75mg (11.64%), Vitamin B1: 0.17mg (11.19%), Selenium: 7.04µg (10.06%), Calcium: 98.37mg (9.84%), Folate: 34.41µg (8.6%), Potassium: 287.81mg (8.22%), Copper: 0.16mg (8.13%), Fiber:

1.93g (7.73%), Vitamin B3: 1.28mg (6.4%), Vitamin B5: 0.59mg (5.9%), Magnesium: 22.47mg (5.62%), Vitamin B6: 0.08mg (3.77%), Zinc: 0.53mg (3.53%), Vitamin B12: 0.19µg (3.13%), Vitamin C: 1.76mg (2.13%), Vitamin D: 0.22µg (1.47%)