



Pumpkin Cupcakes with Cream Cheese Frosting

READY IN



40 min.

SERVINGS



12

CALORIES



423 kcal

DESSERT

Ingredients

- 0.5 cup butter at room temperature
- 14 oz pumpkin bread mix quick
- 8 oz philadelphia cream cheese at room temperature
- 2 eggs
- 0.5 cup planters pecans chopped
- 2 cups powdered sugar sifted
- 12 pumpkin spice mallows marshmallow jet-puffed
- 1 tsp vanilla extract

3 Tbsp vegetable oil

1 cup water

Equipment

bowl

oven

blender

plastic wrap

muffin liners

Directions

HEAT oven to 375 F.

BEAT first 5 ingredients with mixer until blended; spoon into 12 paper-lined muffin cups.

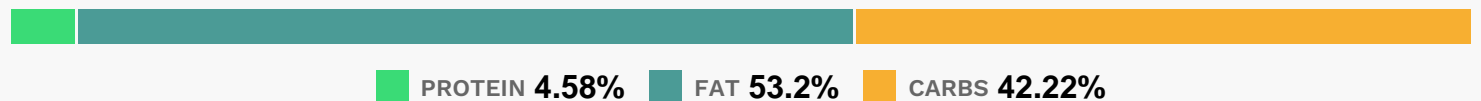
MEANWHILE, beat cream cheese, butter and vanilla in large bowl with mixer until creamy. Turn the mixer to low speed and slowly beat in sugar.

FILL a piping bag with a large open star tip on it with 1 cup of frosting. Hold the piping bag straight up, start frosting from the outside edge, and begin swirling around the outside edge. Continue squeezing with constant pressure as you work around the edge of the cupcake and into the center. Finish the spiral in the center, release pressure on the bag, and pull straight up.

IMMEDIATELY place one marshmallow on center of frosting.

ENJOY within 3 hours or cover with loose plastic wrap and keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:7.3100000205247%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 423.49kcal (21.17%), Fat: 25.4g (39.08%), Saturated Fat: 10.77g (67.31%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 42.67g (15.51%), Sugar: 27.32g (30.35%), Cholesterol: 67.37mg (22.46%), Sodium: 402.73mg (17.51%), Alcohol: 0.12g (100%), Alcohol %: 0.13% (100%), Protein: 4.92g (9.84%), Manganese: 0.45mg (22.7%), Phosphorus: 211.37mg (21.14%), Vitamin B1: 0.18mg (11.84%), Vitamin A: 572.74IU (11.45%), Fiber: 2.69g (10.78%), Vitamin B2: 0.18mg (10.65%), Folate: 37.34µg (9.33%), Vitamin K: 9.42µg (8.97%), Selenium: 6.19µg (8.85%), Iron: 1.29mg (7.18%), Vitamin B3: 1.2mg (6.02%), Vitamin E: 0.87mg (5.78%), Calcium: 54.1mg (5.41%), Copper: 0.1mg (4.8%), Magnesium: 17.3mg (4.32%), Vitamin B5: 0.43mg (4.25%), Zinc: 0.6mg (4.01%), Vitamin B6: 0.08mg (3.92%), Potassium: 99.17mg (2.83%), Vitamin B12: 0.15µg (2.54%)