



Pumpkin Cupcakes with Pudding

READY IN



10 min.

SERVINGS



24

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 15 ounce pumpkin puree canned
- ☐ 2 cups confectioners' sugar
- ☐ 8 oz cream cheese room temperature
- ☐ 4 large eggs
- ☐ 9 oz flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon

- ☐ 0.5 cup heavy cream cold
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon pumpkin pie spices
- ☐ 0.5 teaspoon salt
- ☐ 2 oz butter unsalted salted softened
- ☐ 2 sticks butter unsalted softened
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract

Equipment



- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat an oven to 350 degrees F. Line 24 muffin cup with line paper muffin liners. In a large mixing bowl using an electric mixer, beat the butter and both sugars until light and fluffy.
- ☐ Add the eggs one at a time. Beat in the vanilla and pumpkin puree.
- ☐ Mix the flour, pudding mix, baking soda, salt, cinnamon, and pumpkin pie spice together in a separate bowl, then gradually add to the pumpkin mixture stirring just until blended
- ☐ Pour the batter into the muffin cups and bake for 20–25 minutes or until tops are golden and toothpick inserted comes out clean. Cool in the pans for 10 minutes before removing. In a mixing bowl, beat the whipping cream until stiff peaks form and set aside. In a second bowl, beat the cream cheese, butter, confectioners sugar, vanilla and lemon juice until creamy. Stir the whipped cream into the cream cheese mixture. Frost the cupcakes.

Nutrition Facts



 **PROTEIN 4.01%**  **FAT 43.94%**  **CARBS 52.05%**

Properties

Glycemic Index:7.38, Glycemic Load:11.83, Inflammation Score:-9, Nutrition Score:6.8086956065634%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 313.7kcal (15.68%), Fat: 15.59g (23.98%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 40.62g (14.77%), Sugar: 31.38g (34.86%), Cholesterol: 71.47mg (23.82%), Sodium: 213.71mg (9.29%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 3.2g (6.4%), Vitamin A: 3314.23IU (66.28%), Selenium: 7.58µg (10.82%), Vitamin B2: 0.14mg (8.23%), Manganese: 0.14mg (7.03%), Folate: 27.12µg (6.78%), Vitamin B1: 0.09mg (6.33%), Iron: 1mg (5.55%), Phosphorus: 50.68mg (5.07%), Vitamin E: 0.69mg (4.57%), Vitamin K: 4.13µg (3.93%), Fiber: 0.93g (3.72%), Vitamin B3: 0.73mg (3.65%), Calcium: 35.95mg (3.6%), Vitamin B5: 0.34mg (3.4%), Vitamin D: 0.42µg (2.82%), Potassium: 94.47mg (2.7%), Copper: 0.05mg (2.59%), Magnesium: 9.86mg (2.46%), Vitamin B12: 0.12µg (2.05%), Vitamin B6: 0.04mg (2.03%), Zinc: 0.29mg (1.94%), Vitamin C: 0.87mg (1.05%)