



## Pumpkin Cupcakes with Sunflower Nut Filling

 Dairy Free

READY IN



95 min.

SERVINGS



24

CALORIES



289 kcal

DESSERT

### Ingredients

- 1 box cake mix yellow
- 1 teaspoon pumpkin pie spice
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.5 cup water
- 0.3 cup vegetable oil
- 3 eggs
- 12 oz fluffy frosting white
- 0.8 cup roasted sunflower seeds salted

- 16 oz fluffy frosting white
- 1 teaspoon purple gel food coloring
- 0.7 oz decorating gel black

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners
- melon baller

## Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cake mix, pumpkin pie spice, pumpkin, water, oil and eggs with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups, filling each 1/2 full.
- Bake 15 to 20 minutes or until toothpick inserted in center of cupcake comes out clean.
- Remove from pan; place on cooling rack. Cool completely, about 30 minutes.
- In large bowl, mix fluffy white frosting and sunflower nuts. With melon baller, scoop out center of each cupcake, scooping almost to bottom of cupcake. Spoon about 1 tablespoon frosting mixture into center of each cupcake.
- In medium bowl, mix creamy white frosting and orange gel food color until well blended.
- Spread over tops of filled cupcakes. Use black decorating gel to make a jack-o-lantern face on top of each cupcake.

## Nutrition Facts



■ PROTEIN 3.37% ■ FAT 36.04% ■ CARBS 60.59%

## Properties

Glycemic Index:3.58, Glycemic Load:9.66, Inflammation Score:-6, Nutrition Score:6.4756521582603%

## Nutrients (% of daily need)

Calories: 289.12kcal (14.46%), Fat: 11.7g (18%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 42.59g (15.49%), Sugar: 30.35g (33.73%), Cholesterol: 20.46mg (6.82%), Sodium: 280.1mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Vitamin A: 963.82IU (19.28%), Vitamin E: 2.54mg (16.96%), Phosphorus: 136.84mg (13.68%), Vitamin B2: 0.2mg (11.76%), Vitamin K: 10.66µg (10.16%), Manganese: 0.19mg (9.44%), Folate: 33.71µg (8.43%), Selenium: 5.8µg (8.28%), Fiber: 1.65g (6.61%), Vitamin B5: 0.6mg (6.02%), Calcium: 58.07mg (5.81%), Copper: 0.1mg (5.22%), Iron: 0.91mg (5.08%), Vitamin B1: 0.07mg (4.71%), Vitamin B3: 0.79mg (3.97%), Vitamin B6: 0.08mg (3.88%), Zinc: 0.4mg (2.7%), Magnesium: 10.47mg (2.62%), Potassium: 65.41mg (1.87%), Vitamin B12: 0.07µg (1.17%)