



## Pumpkin Ginger Cupcakes



Vegetarian



Popular

READY IN



90 min.

SERVINGS



24

CALORIES



212 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter room temperature
- ☐ 3.4 ounce butterscotch pudding mix instant
- ☐ 15 ounce pumpkin puree canned
- ☐ 0.3 cup crystallized ginger finely chopped
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose

- ☐ 0.5 teaspoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

## Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease 24 muffin cups, or line with paper muffin liners.
- ☐ Whisk together the flour, pudding mix, baking soda, salt, cinnamon, ground ginger, allspice, cloves, and crystallized ginger in a bowl; set aside.
- ☐ Beat the butter, white sugar, and brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- ☐ Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla and pumpkin puree with the last egg. Stir in the flour mixture, mixing until just incorporated.
- ☐ Pour the batter into the prepared muffin cups.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

# Nutrition Facts



## Properties

Glycemic Index:8.96, Glycemic Load:11.58, Inflammation Score:-9, Nutrition Score:6.0273912445359%

## Nutrients (% of daily need)

Calories: 212.24kcal (10.61%), Fat: 8.57g (13.19%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 32.38g (10.79%), Net Carbohydrates: 31.37g (11.41%), Sugar: 22.54g (25.05%), Cholesterol: 47.62mg (15.87%), Sodium: 216.35mg (9.41%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 2.32g (4.64%), Vitamin A: 3034.74IU (60.69%), Manganese: 0.19mg (9.62%), Selenium: 6.18µg (8.83%), Folate: 25.06µg (6.26%), Vitamin B1: 0.09mg (5.97%), Vitamin B2: 0.1mg (5.9%), Iron: 0.97mg (5.41%), Fiber: 1.02g (4.07%), Vitamin B3: 0.71mg (3.55%), Phosphorus: 35.05mg (3.51%), Vitamin K: 3.68µg (3.51%), Vitamin E: 0.5mg (3.33%), Vitamin B5: 0.25mg (2.53%), Calcium: 24.27mg (2.43%), Copper: 0.05mg (2.34%), Potassium: 76.08mg (2.17%), Magnesium: 8.68mg (2.17%), Vitamin B6: 0.03mg (1.6%), Zinc: 0.22mg (1.46%), Vitamin B12: 0.08µg (1.36%)