



Pumpkin passion cupcakes



Vegetarian



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 175 ml unrefined sunflower oil
- ☐ 175 g g muscovado sugar light
- ☐ 3 large eggs
- ☐ 1 tsp vanilla extract
- ☐ 200 g butternut squash grated
- ☐ 100 g golden raisins
- ☐ 1 orange zest grated
- ☐ 2 tsp ground cinnamon

- ☐ 200 g self raising flour
- ☐ 1 tsp baking soda
- ☐ 200 g cream cheese
- ☐ 85 g powdered sugar

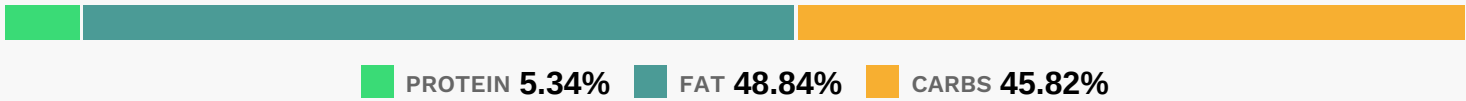
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ skewers
- ☐ muffin tray

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 12-hole muffin tray with paper cases.
- ☐ Pour the oil into a large bowl and add the sugar, eggs and vanilla. Beat together, then add the grated pumpkin, sultanas and orange zest.
- ☐ Stir in the cinnamon, flour and bicarbonate of soda, the mixture will be quite wet. Spoon into the cases.
- ☐ Bake for 25 mins until firm and springy to the touch and a skewer inserted in the centre of a cupcake comes out clean. Cool completely on a wire rack. At this stage you can freeze the cakes for 4 months.
- ☐ To make the frosting, beat the cream cheese and sugar together until smooth then spread on top of the cupcakes. Leave plain or decorate with toasted pecans. Store in the fridge, but return to room temperature to serve for the best flavour and texture.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:8.4300001341364%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 373.85kcal (18.69%), Fat: 20.7g (31.84%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 42.29g (15.38%), Sugar: 27.15g (30.17%), Cholesterol: 63.33mg (21.11%), Sodium: 181.29mg (7.88%), Alcohol: 0.12g (100%), Alcohol %: 0.14% (100%), Protein: 5.1g (10.19%), Vitamin A: 2068.81IU (41.38%), Vitamin E: 6.12mg (40.83%), Selenium: 12.27µg (17.53%), Manganese: 0.28mg (14.14%), Vitamin B2: 0.13mg (7.5%), Phosphorus: 74.93mg (7.49%), Vitamin C: 5.14mg (6.23%), Potassium: 200.79mg (5.74%), Calcium: 56.25mg (5.62%), Fiber: 1.4g (5.61%), Vitamin B6: 0.1mg (4.89%), Copper: 0.09mg (4.73%), Vitamin B5: 0.46mg (4.64%), Folate: 18.1µg (4.52%), Iron: 0.81mg (4.47%), Magnesium: 17.58mg (4.4%), Zinc: 0.45mg (3.03%), Vitamin B1: 0.04mg (2.72%), Vitamin B3: 0.52mg (2.59%), Vitamin B12: 0.15µg (2.47%), Vitamin K: 1.77µg (1.69%), Vitamin D: 0.25µg (1.67%)