



Pumpkin Pie Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup pumpkin puree canned
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 egg white
- ☐ 2 teaspoon trans-fat-free margarine

- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon ground ginger
- ☐ 1 lemon zest grated
- ☐ 2 tablespoons lowfat cream cheese at room temperature
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 tablespoons nonfat yogurt plain
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons skim milk
- ☐ 1 teaspoon vanilla extract divided

Equipment

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

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix flour, baking powder, baking soda, cinnamon, ginger, nutmeg and salt until combined. Set aside. Mash granulated sugar and butter in another bowl until combined. Stir in egg white, then pumpkin, milk and 1/2 teaspoon vanilla.
- ☐ Add dry ingredients; stir until just combined.
- ☐ Pour batter into lined mini muffin cups to three quarters full.
- ☐ Bake until cupcakes spring back to the touch, 10 to 15 minutes. Beat cream cheese, margarine and confectioners' sugar in a bowl with a hand mixer until smooth.
- ☐ Add yogurt and remaining 1/2 teaspoon vanilla; beat until combined. When cupcakes cool, frost and garnish with zest.
- ☐ Self

Nutrition Facts



 **PROTEIN 8.93%**  **FAT 30.28%**  **CARBS 60.79%**

Properties

Glycemic Index:49.42, Glycemic Load:8.78, Inflammation Score:-7, Nutrition Score:3.4339130456033%

Nutrients (% of daily need)

Calories: 105.36kcal (5.27%), Fat: 3.56g (5.48%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.54g (5.65%), Sugar: 9.44g (10.49%), Cholesterol: 9.98mg (3.33%), Sodium: 143.56mg (6.24%), Alcohol: 0.17g (100%), Alcohol %: 0.47% (100%), Protein: 2.37g (4.73%), Vitamin A: 1308.31IU (26.17%), Selenium: 3.94µg (5.63%), Vitamin B2: 0.09mg (5.1%), Vitamin B1: 0.07mg (4.68%), Manganese: 0.09mg (4.48%), Folate: 16.99µg (4.25%), Calcium: 33.94mg (3.39%), Phosphorus: 33.1mg (3.31%), Iron: 0.52mg (2.89%), Vitamin B3: 0.52mg (2.6%), Fiber: 0.56g (2.23%), Potassium: 62.29mg (1.78%), Vitamin C: 1.34mg (1.62%), Vitamin B12: 0.1µg (1.6%), Vitamin B5: 0.16mg (1.56%), Magnesium: 6.03mg (1.51%), Vitamin K: 1.56µg (1.49%), Copper: 0.02mg (1.23%), Vitamin E: 0.18mg (1.2%), Zinc: 0.17mg (1.1%)