



## Pumpkin Pie Push-It-Up Pops

READY IN



45 min.

SERVINGS



18

CALORIES



276 kcal

DESSERT

### Ingredients

- 1 box cake mix yellow
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.5 cup water
- 0.3 cup vegetable oil
- 4 eggs
- 1.5 teaspoons pumpkin pie spice
- 16 oz cream cheese frosting
- 18 lemon-lime soda pop
- 1 serving pumpkin pie spice

## Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F. Spray 36 mini muffin cups with cooking spray.
- In large bowl, beat cake mix, pumpkin, water, oil, eggs and 1 teaspoon of the pumpkin pie spice with electric mixer on low speed until moistened. Beat on medium speed 2 minutes, scraping bowl occasionally. Fill each muffin cup two-thirds full with batter.
- Bake about 15 minutes or until toothpick inserted in center comes out clean.
- Remove from muffin cups onto cooling rack. Cool completely, about 15 minutes.
- Meanwhile, mix remaining 1/2 teaspoon pumpkin pie spice into frosting.
- To assemble push-up pops, drop 1 mini cupcake into each push-up pop container.
- Add generous teaspoon frosting to top of each cupcake. Top each with second mini cupcake.
- Add dollops of frosting to tops of each.
- Sprinkle each with additional pumpkin pie spice.
- Serve.

## Nutrition Facts



**PROTEIN 3.56%** **FAT 32.6%** **CARBS 63.84%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:5.4752173242362%

## Nutrients (% of daily need)

Calories: 276.32kcal (13.82%), Fat: 10.17g (15.65%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 43.2g (15.71%), Sugar: 28.5g (31.67%), Cholesterol: 36.37mg (12.12%), Sodium: 302.8mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin A: 1298.08IU (25.96%), Phosphorus: 116.27mg (11.63%), Vitamin K: 8.35µg (7.95%), Manganese: 0.16mg (7.81%), Vitamin B2: 0.13mg (7.69%), Calcium: 74.13mg (7.41%), Folate: 29.43µg (7.36%), Fiber: 1.62g (6.49%), Selenium: 4.18µg (5.97%), Iron: 1.01mg (5.63%), Vitamin B1: 0.07mg (4.87%), Vitamin E: 0.7mg (4.68%), Vitamin B5: 0.43mg (4.25%), Vitamin B3: 0.74mg (3.68%), Vitamin B6: 0.06mg (3.17%), Copper: 0.05mg (2.26%), Vitamin B12: 0.12µg (1.93%), Magnesium: 7.32mg (1.83%), Zinc: 0.26mg (1.7%), Potassium: 58.06mg (1.66%), Vitamin D: 0.2µg (1.3%)