



Pumpkin Pie Push-It-Up Pops

READY IN



45 min.

SERVINGS



18

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 container cream cheese frosting
- ☐ 4 eggs
- ☐ 18 servings pumpkin pie spice
- ☐ 18 popped popcorn
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 1 box cake mix yellow

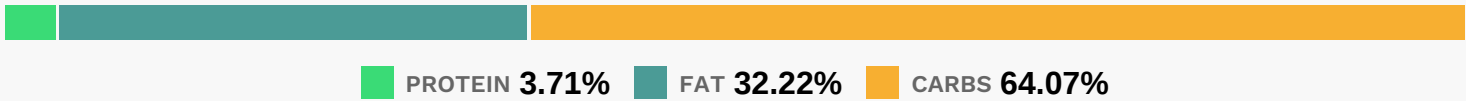
Equipment

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

Directions

- ☐ Heat oven to 350F. 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



Properties

Glycemic Index:3.69, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:6.1269565561543%

Nutrients (% of daily need)

Calories: 283.27kcal (14.16%), Fat: 10.33g (15.89%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 44.32g (16.12%), Sugar: 28.56g (31.73%), Cholesterol: 36.37mg (12.12%), Sodium: 303.27mg (13.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin A: 1302.51IU (26.05%), Manganese: 0.32mg (15.85%), Phosphorus: 120.86mg (12.09%), Vitamin K: 8.63µg (8.22%), Calcium: 80.61mg (8.06%), Vitamin B2: 0.13mg (7.8%), Fiber: 1.91g (7.63%), Folate: 29.97µg (7.49%), Iron: 1.23mg (6.84%), Selenium: 4.26µg (6.09%), Vitamin B1: 0.08mg (5.02%), Vitamin E: 0.72mg (4.82%), Vitamin B5: 0.43mg (4.31%), Vitamin B3: 0.78mg (3.9%), Vitamin B6: 0.07mg (3.44%), Copper: 0.05mg (2.61%), Magnesium: 10.04mg (2.51%), Zinc: 0.31mg (2.06%), Potassium: 67.53mg (1.93%), Vitamin B12: 0.12µg (1.93%), Vitamin D: 0.2µg (1.3%)