



Pumpkin Push-It-Up Pops

READY IN



60 min.

SERVINGS



20

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1 box spice cake mix
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 3 eggs
- ☐ 1.5 cups whipping cream
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 cup toffee chips

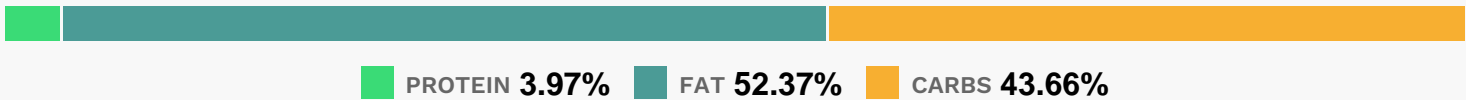
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray mini muffin cups with cooking spray.
- ☐ In large bowl, beat cupcake ingredients with electric mixer on low speed until moistened, then 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 to cooling rack. Cool completely, about 15 minutes.
- ☐ Meanwhile, in large bowl, beat cream and brown sugar with electric mixer on high speed until stiff peaks form. Spoon into piping bag or large resealable food-storage plastic bag; cut tip off bag.
- ☐ To assemble, pipe small amount of filling in bottom of each push-it-up pop container. Drop 1 mini cupcake into each container; pipe filling on cupcake. Top each with second cupcake; pipe with filling.
- ☐ Add toffee bits.
- ☐ Place covers on containers until ready to serve. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:6.7847826584526%

Nutrients (% of daily need)

Calories: 275.01kcal (13.75%), Fat: 16.24g (24.98%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 28.25g (10.27%), Sugar: 17.51g (19.46%), Cholesterol: 50.87mg (16.96%), Sodium: 236.77mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin A: 2131.28IU (42.63%), Manganese: 0.23mg (11.6%), Phosphorus: 93.35mg (9.34%), Vitamin B2: 0.15mg (9.11%), Fiber: 2.2g (8.82%), Iron: 1.58mg (8.8%), Vitamin K: 9.09µg (8.66%), Vitamin B1: 0.1mg (6.53%), Folate: 24.57µg (6.14%), Calcium: 50.77mg (5.08%), Selenium: 3.4µg (4.86%), Vitamin B5: 0.46mg (4.59%), Copper: 0.09mg (4.31%), Vitamin E: 0.64mg (4.25%), Potassium: 148.17mg (4.23%), Vitamin B3: 0.76mg (3.79%), Vitamin B6: 0.06mg (3.14%), Magnesium: 11.26mg (2.81%), Vitamin D: 0.42µg (2.78%), Zinc: 0.29mg (1.91%), Vitamin B12: 0.09µg (1.56%), Vitamin C: 0.91mg (1.11%)