



Pumpkin Spice Cupcakes

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



24

CALORIES



185 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 15 ounce pumpkin puree canned (not pie filling;)
- 4 large eggs
- 3.3 cups flour all-purpose
- 2.8 cups granulated sugar
- 1 teaspoon ground allspice
- 2 teaspoons ground cinnamon

- 1.5 teaspoons ground cloves
- 1 teaspoon nutmeg
- 0.5 teaspoon salt fine
- 1 cup vegetable oil as needed plus more

Equipment

- bowl
- oven
- whisk
- blender
- toothpicks
- stand mixer
- spatula

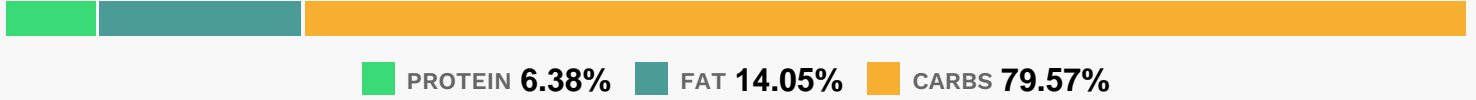
Directions

- Heat the oven to 350°F and arrange a rack in the middle. Line 2 (12-well) muffin pans with paper liners. Alternatively, coat the wells with vegetable oil; set aside.
- Place the flour, baking powder, cinnamon, cloves, allspice, nutmeg, baking soda, and salt in a large bowl and whisk to aerate and break up any lumps; set aside.
- Place the sugar and measured oil in the bowl of a stand mixer fitted with the paddle attachment. Beat on medium speed until the sugar is incorporated, about 1 minute. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula. Return the mixer to medium speed and add the eggs 1 at a time, beating well after each addition, about 1 1/2 minutes total mixing time. Reduce the speed to medium low, add the pumpkin, and beat until just combined, about 30 seconds. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula. Turn the mixer to low speed, slowly add the flour mixture, and beat until almost completely incorporated, about 1 minute.
- Remove the bowl from the mixer and fold in any unincorporated flour at the edges with a rubber spatula, making sure to scrape to the bottom of the bowl. Fill the muffin wells three-quarters of the way (about a heaping 1/4 cup per well).
- Place the muffin pans side by side in the oven and bake for 12 minutes. Rotate the pans front to back and side to side and bake until a toothpick inserted into the center of the cupcakes

comes out clean, about 10 minutes more.

- Place the pans on wire racks and let them cool for 5 minutes.
- Remove the cupcakes from the pans and cool completely on the racks. Frost with Pumpkin–Cream Cheese Frosting, if using.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:25.45, Inflammation Score:-9, Nutrition Score:6.8973913166834%

Nutrients (% of daily need)

Calories: 185.43kcal (9.27%), Fat: 2.95g (4.54%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 36.51g (13.28%), Sugar: 23.56g (26.18%), Cholesterol: 31mg (10.33%), Sodium: 120.31mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin A: 2803.75IU (56.07%), Manganese: 0.25mg (12.72%), Selenium: 8.52µg (12.18%), Vitamin B1: 0.14mg (9.4%), Folate: 37.15µg (9.29%), Vitamin B2: 0.14mg (8%), Iron: 1.26mg (7.02%), Vitamin K: 6.48µg (6.17%), Vitamin B3: 1.08mg (5.39%), Phosphorus: 48.79mg (4.88%), Fiber: 1.14g (4.55%), Calcium: 34.82mg (3.48%), Vitamin E: 0.45mg (2.99%), Vitamin B5: 0.27mg (2.74%), Copper: 0.05mg (2.67%), Magnesium: 9.58mg (2.39%), Potassium: 69.8mg (1.99%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.63%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)