



Spiced Pumpkin Cupcakes

READY IN



95 min.

SERVINGS



24

CALORIES



229 kcal

DESSERT

Ingredients

- 0.5 cup pecans finely chopped
- 3 tablespoons sugar
- 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

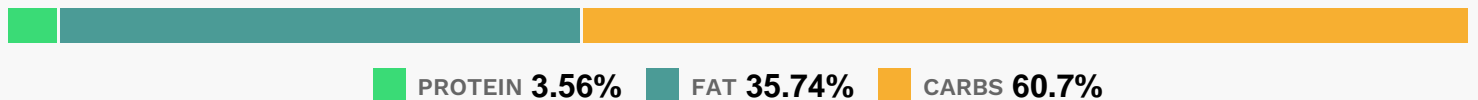
Equipment

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

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan).
- Place baking cups in each of 24 regular-size muffin cups.
- In heavy 8-inch nonstick skillet, cook pecans and 2 tablespoons of the sugar over low heat about 8 minutes, stirring constantly, until sugar is melted. Spoon and spread pecans onto sheet of waxed paper.
- Sprinkle with remaining 1 tablespoon sugar; toss.
- In large bowl, beat cake mix, pumpkin, water, oil, eggs and pumpkin pie spice with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups (about two-thirds full).
- Bake 19 to 24 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- Frost cupcakes with frosting.
- Sprinkle edge of frosted cupcakes with pecans; press lightly into frosting. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:4.6239130522894%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 228.55kcal (11.43%), Fat: 9.26g (14.25%), Saturated Fat: 2.06g (12.84%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 33.96g (12.35%), Sugar: 22.96g (25.51%), Cholesterol: 27.28mg (9.09%), Sodium: 227.06mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin A: 974.72IU (19.49%), Manganese: 0.21mg (10.64%), Phosphorus: 93.37mg (9.34%), Vitamin K: 6.33µg (6.03%), Vitamin B2: 0.1mg (5.95%), Fiber: 1.43g (5.71%), Calcium: 56.89mg (5.69%), Folate: 22.56µg (5.64%), Vitamin B1: 0.07mg (4.64%), Selenium: 3.22µg (4.6%), Iron: 0.81mg (4.5%), Vitamin E: 0.56mg (3.71%), Vitamin B5: 0.34mg (3.39%), Copper: 0.06mg (3.05%), Vitamin B3: 0.58mg (2.89%), Vitamin B6: 0.05mg (2.61%), Magnesium: 8.18mg (2.04%), Zinc: 0.29mg (1.96%), Potassium: 52.55mg (1.5%), Vitamin B12: 0.09µg (1.45%)