



Spiced Pumpkin Cupcakes

 Popular

READY IN



95 min.

SERVINGS



24

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 container cream cheese frosting betty crocker®
- ☐ 4 eggs
- ☐ 1 Cups baking mix
- ☐ 0.5 cup pecans finely chopped
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup vegetable oil

- ☐ 0.5 cup water
- ☐ 1 box cake mix yellow betty crocker® supermoist®

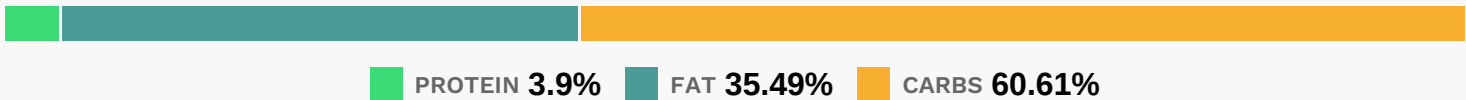
Equipment

- ☐ 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 Reynolds 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:5.2652173793834%

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: 249.85kcal (12.49%), Fat: 10.03g (15.43%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 37.01g (13.46%), Sugar: 23.52g (26.14%), Cholesterol: 27.38mg (9.13%), Sodium: 290.81mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin A: 974.92IU (19.5%), Phosphorus: 122.62mg (12.26%), Manganese: 0.23mg (11.49%), Vitamin B2: 0.12mg (7.23%), Folate: 28.81µg (7.2%), Calcium: 65.84mg (6.58%), Vitamin B1: 0.1mg (6.56%), Vitamin K: 6.65µg (6.34%), Fiber: 1.53g (6.13%), Iron: 0.95mg (5.27%), Selenium: 3.6µg (5.14%), Vitamin B3: 0.8mg (4.02%), Vitamin B5: 0.38mg (3.83%), Vitamin E: 0.56mg (3.76%), Copper: 0.07mg (3.43%), Vitamin B6: 0.06mg (2.8%), Magnesium: 9.43mg (2.36%), Zinc: 0.32mg (2.16%), Vitamin B12: 0.11µg (1.77%), Potassium: 60.69mg (1.73%)