



Sweet Potato-Pecan Cupcakes With Cream Cheese Frosting

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.7 cup orange juice
- ☐ 1 cup pecans coarsely chopped
- ☐ 100 servings garnish: pecans coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 16 oz sweet potatoes mashed canned
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil

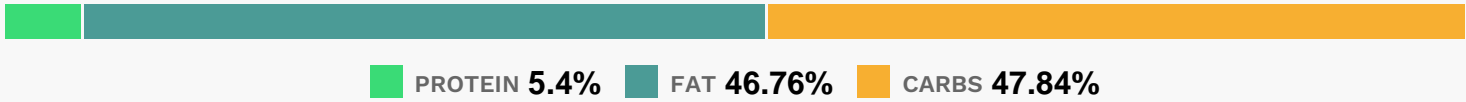
Directions

- ☐ Place pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 8 to 10 minutes or until toasted, stirring once after 4 minutes.
- ☐ Beat sugar and butter at medium speed with an electric mixer until blended.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Whisk together mashed sweet potatoes, orange juice, and vanilla extract.
- ☐ Combine flour and next 5 ingredients.
- ☐ Add flour mixture to sugar mixture alternately with sweet potato mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Fold in toasted pecans.
- ☐ Place foil baking cups in muffin pans, and coat with vegetable cooking spray; spoon batter into cups, filling two-thirds full.
- ☐ Bake at 350 for 28 to 30 minutes or until a wooden pick inserted into center comes out clean.
- ☐ Remove immediately from pans, and cool 50 minutes to 1 hour or until completely cool.

- ☐
- Spread cupcakes evenly with Cream Cheese Frosting.

☐

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:5.42, Inflammation Score:-5, Nutrition Score:2.1508695807146%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg 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 Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 67.51kcal (3.38%), Fat: 3.6g (5.53%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.82g (2.84%), Sugar: 4.43g (4.92%), Cholesterol: 12.32mg (4.11%), Sodium: 35.6mg (1.55%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 0.93g (1.87%), Vitamin A: 715.59IU (14.31%), Manganese: 0.14mg (6.81%), Vitamin B1: 0.05mg (3.28%), Selenium: 2.04µg (2.92%), Folate: 9.33µg (2.33%), Vitamin B2: 0.04mg (2.07%), Copper: 0.04mg (2%), Fiber: 0.45g (1.82%), Phosphorus: 17.67mg (1.77%), Iron: 0.3mg (1.68%), Vitamin B3: 0.28mg (1.4%), Magnesium: 5mg (1.25%), Vitamin C: 0.96mg (1.16%), Zinc: 0.16mg (1.09%), Vitamin B5: 0.11mg (1.07%)