



Tiffany's Tips for Pumpkin Cupcakes



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup pumpkin puree canned
- ☐ 3 eggs
- ☐ 0.3 cup oil
- ☐ 24 foil baking cups reynolds® staybrite®
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 18 ounce duncan hines classic decadent cake mix yellow

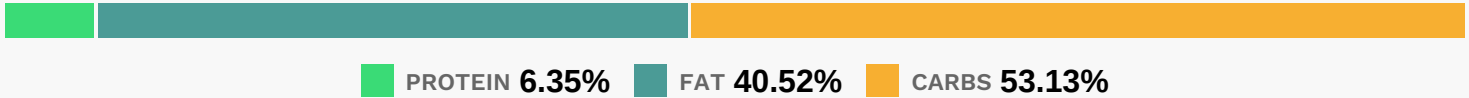
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place Reynolds Baking Cups in muffin pans; set aside.
- ☐ Combine ingredients in large bowl. Beat with an electric mixer on medium speed for 2 minutes.
- ☐ Spoon batter into baking cups.
- ☐ Bake 20 to 23 minutes or until wooden pick inserted in center of cupcake comes out clean. Cool on cooling rack. Frost as desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:5.3760869710342%

Nutrients (% of daily need)

Calories: 205.4kcal (10.27%), Fat: 9.45g (14.54%), Saturated Fat: 2.58g (16.16%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 26.71g (9.71%), Sugar: 17.61g (19.57%), Cholesterol: 21.48mg (7.16%), Sodium: 224.1mg (9.74%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 3.33g (6.66%), Vitamin A: 1628.16IU (32.56%), Phosphorus: 107.85mg (10.79%), Folate: 26.79µg (6.7%), Vitamin B3: 1.3mg (6.5%), Calcium: 64.59mg (6.46%), Vitamin E: 0.93mg (6.22%), Vitamin B2: 0.1mg (5.81%), Vitamin B1: 0.08mg (5.41%), Iron: 0.9mg (5.02%), Fiber: 1.18g (4.7%), Vitamin K: 4.85µg (4.62%), Magnesium: 15.86mg (3.96%), Selenium: 2.61µg (3.73%), Copper: 0.07mg (3.62%), Manganese: 0.07mg (3.55%), Vitamin B5: 0.31mg (3.08%), Potassium: 97.72mg (2.79%), Zinc: 0.37mg (2.44%), Vitamin B6: 0.05mg (2.44%), Vitamin B12: 0.11µg (1.91%)