



Two Ingredient Chocolate Pumpkin Cupcakes

 Popular

READY IN



45 min.

SERVINGS



18

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 1 chocolate cake mix
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 2 pound powdered sugar
- ☐ 0.5 cup pumpkin puree
- ☐ 3 sticks butter unsalted divided

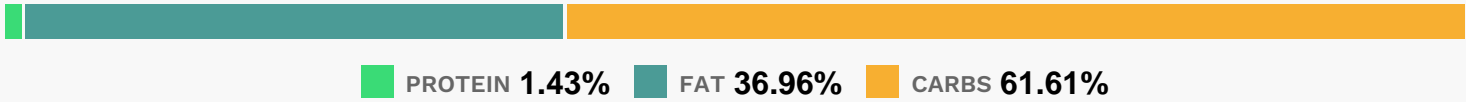
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ stand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F. and line 18 cupcake cups with liners.Beat cake mix and can of pumpkin puree in a stand mixer until well combined.
- ☐ Mixture will be thick. Fill cupcake liners 3/4 full with cupcake batter and bake for 25-30 minutes until toothpick comes clean from center.
- ☐ Let cool completely.To prepare frosting,
- ☐ Place 2 sticks of butter into a small saucepan over medium low heat. Once butter is melted, swirl pan occasionally checking color. Once butter is browned, it will smell nutty and be a deep golden brown.
- ☐ Remove from heat and let cool completely to room temperature.
- ☐ Place remaining stick of softened butter into stand mixer, beating until creamy.
- ☐ Add brown sugar, beating to combine then slowly beat in browned butter until combined.
- ☐ Add pumpkin, cinnamon, nutmeg and slowly add powdered sugar until thick and desired consistency. You can add tablespoons of milk to thin if desired.Store in an airtight container until ready to frost.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:4.3556522221669%

Nutrients (% of daily need)

Calories: 448.02kcal (22.4%), Fat: 19.05g (29.31%), Saturated Fat: 10.48g (65.47%), Carbohydrates: 71.44g (23.81%), Net Carbohydrates: 70.63g (25.68%), Sugar: 61.69g (68.55%), Cholesterol: 40.49mg (13.5%), Sodium: 202.29mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 1530.71IU (30.61%), Phosphorus: 71.92mg (7.19%), Iron: 1.24mg (6.87%), Copper: 0.11mg (5.59%), Vitamin E: 0.78mg (5.18%), Selenium: 3.53µg (5.05%), Calcium: 45.94mg (4.59%), Folate: 16.32µg (4.08%), Manganese: 0.08mg (3.94%), Vitamin B2: 0.06mg (3.42%), Magnesium: 13.58mg (3.4%), Fiber: 0.81g (3.23%), Vitamin K: 3.34µg (3.18%), Potassium: 103.15mg (2.95%), Vitamin B1: 0.04mg (2.9%), Vitamin B3: 0.42mg (2.11%), Vitamin D: 0.28µg (1.88%), Zinc: 0.23mg (1.52%)