



Upside-Down Pumpkin Filled Chocolate Cupcakes

READY IN



65 min.

SERVINGS



24

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 24 servings candy corn for garnish
- ☐ 1 cup pumpkin canned
- ☐ 1 cup confectioners' sugar
- ☐ 4 ounces cream cheese softened
- ☐ 18.3 ounce chocolate cake mix dark
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 ounce bittersweet chocolate

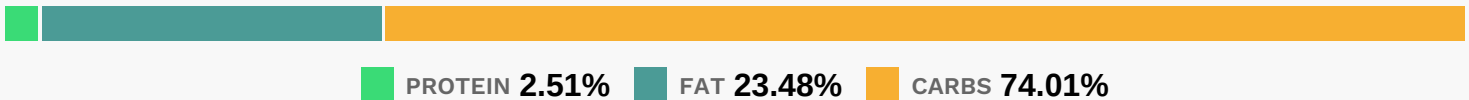
Equipment

- ☐ bowl
- ☐ oven
- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350 degrees F. Spray 2 (12-cup) muffin pans with nonstick baking spray with flour. Do not use paper liners. Prepare the cake mix according to package directions for cupcakes.
- ☐ Let cool in the pans for 10 minutes.
- ☐ Remove the cupcakes from the pans, and arrange them, rounded side down, on wire racks to cool completely. In a medium bowl, beat the cream cheese with an electric mixer on medium speed until creamy.
- ☐ Add the pumpkin and confectioners' sugar, and beat until smooth.
- ☐ Cut each cupcake in half horizontally.
- ☐ Spread about 2 tablespoons the pumpkin mixture evenly over cut side of rounded cupcake halves. Top with the cut side of the flat cupcake halves. Using a double boiler, melt the semisweet chocolate.
- ☐ Add the whipping cream and mix until well combined. Spoon the desired amount of chocolate over each cupcake and garnish with candy corn. Cover, and chill, or serve immediately. Cook's Note: Cupcakes can be stored, covered, in the refrigerator for up to 2 days.;

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:4.4926087039968%

Nutrients (% of daily need)

Calories: 306.59kcal (15.33%), Fat: 8.15g (12.55%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 57.82g (19.27%), Net Carbohydrates: 56.91g (20.7%), Sugar: 46.64g (51.83%), Cholesterol: 13.25mg (4.42%), Sodium: 299.94mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.39mg (1.13%), Protein: 1.96g (3.92%), Vitamin A: 1762.75IU (35.25%), Phosphorus: 74.22mg (7.42%), Iron: 1.2mg (6.68%), Copper: 0.11mg (5.7%), Selenium: 3.47µg (4.96%), Calcium: 45.26mg (4.53%), Manganese: 0.08mg (3.99%), Vitamin B2: 0.07mg (3.9%), Magnesium: 15.5mg (3.88%), Folate: 15.31µg (3.83%), Fiber: 0.91g (3.63%), Potassium: 112.27mg (3.21%), Vitamin E: 0.46mg (3.09%), Vitamin B1: 0.04mg (2.8%), Vitamin K: 2.87µg (2.74%), Vitamin B3: 0.4mg (2.01%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.12mg (1.2%)