

Quick Pumpkin Muffins

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Yield: one dozen muffins

1 Package (15 Ounce) yellow cake mix

1 can (15 ounce) pumpkin puree'

1 package (7 ounce) Milky Way

Simply Caramel Bites

4 ounces cream cheese, softened

1/3 cup powdered sugar

1 tablespoon milk

Preheat oven to 350 degrees.

In a mixing bowl, combine the cake mix and the pumpkin. Using an electric mixer, beat on high speed for 2 minutes, scraping the sides of the bowl after 1 minute. The batter will be thick.

Line a muffin tin with twelve deep-paper liners. Spoon the batter into the cups three quarters full. Push three candies into the center of each cup and swirl the batter around the top to cover the candy and make a smooth top.

Bake for 17 to 20 minutes, until a toothpick inserted in the center comes out clean. Let cool slightly before serving. (The caramels will be hot!!).

To make the icing, whisk the cream cheese, powdered sugar and milk together until smooth. Drizzle on the top of the cooled muffins.

Per Serving (excluding unknown items): 2794 Calories; 100g Fat (32.0% calories from fat); 32g Protein; 447g Carbohydrate; 6g Dietary Fiber; 137mg Cholesterol; 3742mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 20 Fat; 29 1/2 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	2794	Vitamin B6 (mg):	.4mg
% Calories from Fat:	32.0%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	63.5%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	1.3mg
			357mcg

Total Fat (g): 100g
Saturated Fat (g): 34g
Monounsaturated Fat (g): 36g
Polyunsaturated Fat (g): 24g
Cholesterol (mg): 137mg
Carbohydrate (g): 447g
Dietary Fiber (g): 6g
Protein (g): 32g
Sodium (mg): 3742mg
Potassium (mg): 584mg
Calcium (mg): 808mg
Iron (mg): 9mg
Zinc (mg): 2mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1643IU
Vitamin A (r.e.): 494RE

Folacin (mcg):
Niacin (mg): 9mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 29 1/2
Other Carbohydrates: 29 1/2

Nutrition Facts

Amount Per Serving

Calories 2794 **Calories from Fat:** 894

% Daily Values*

Total Fat	100g	154%
Saturated Fat	34g	171%
Cholesterol	137mg	46%
Sodium	3742mg	156%
Total Carbohydrates	447g	149%
Dietary Fiber	6g	23%
Protein	32g	
Vitamin A		33%
Vitamin C		2%
Calcium		81%
Iron		51%

* Percent Daily Values are based on a 2000 calorie diet.