



## HG's Goopy Gingerbread Cupcakes



1/12th of recipe (1 cupcake): 150 calories, 4.5g total fat (2.5g sat. fat), 234mg sodium, 25.5g carbs, 0.5g fiber, 15.5g sugars, 2.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 15 minutes    **Cook:** 20 minutes

**Cool:** 35 minutes



More: [Dessert Recipes](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

#### Frosting

1/2 cup reduced-fat cream cheese  
1/4 cup light butter or light buttery spread (like I Can't Believe It's Not Butter! Light or Brummel & Brown)  
1/2 tsp. cinnamon  
1/4 tsp. vanilla extract  
1/3 cup powdered sugar

#### Cupcakes

1 3/4 cups moist-style spice cake mix (about half a box)  
1/2 cup egg whites or fat-free liquid egg substitute  
1/4 cup unsweetened applesauce  
3 tbsp. molasses  
1 tsp. vanilla extract  
1 tsp. cinnamon  
3/4 tsp. ground ginger  
1/8 tsp. ground nutmeg  
Optional topping: cinnamon

### Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with baking cups, or spray it with nonstick spray.

In a large bowl, combine all frosting ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, another 1 - 2 minutes. Cover and refrigerate.

In another large bowl, combine all cupcake ingredients. Whisk until smooth and uniform. Evenly distribute batter among the cups of the muffin pan.

Bake until a toothpick inserted into the center of a cupcake comes out clean, 16 - 18 minutes.

Let cool completely, about 10 minutes in the pan and 25 minutes out of the pan.

Spread with frosting.

**MAKES 12 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

---

Publish Date: December 2, 2015

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.