



Apple Banana Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



149 kcal

DESSERT

Ingredients

- 2 apples shredded cored peeled
- 1 teaspoon baking soda
- 1 cup bananas ripe mashed
- 0.3 cup buttermilk
- 2 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 1 teaspoon salt

- 0.7 cup shortening
- 1 teaspoon vanilla extract
- 1.3 cups sugar white

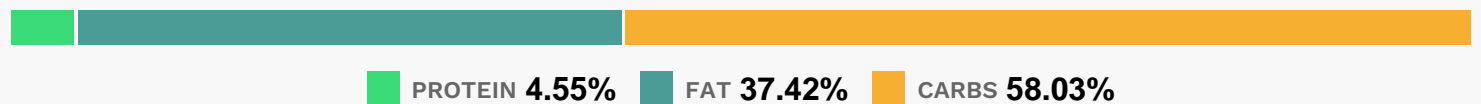
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour 24 muffin cups, or use paper liners. Sift together the flour, baking soda, salt, cinnamon, and nutmeg. Set aside.
- In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla and buttermilk. Beat in the flour mixture, mixing just until incorporated. Fold in the mashed bananas and shredded apples. Fill each muffin cup half full.
- Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:14.31, Inflammation Score:-1, Nutrition Score:2.6621738879577%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 149.4kcal (7.47%), Fat: 6.32g (9.73%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 21.23g (7.72%), Sugar: 12.93g (14.37%), Cholesterol: 13.91mg (4.64%), Sodium: 151.11mg (6.57%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 1.73g (3.46%), Selenium: 4.88µg (6.97%), Vitamin B1: 0.09mg (6.02%), Folate: 22.65µg (5.66%), Manganese: 0.1mg (5.19%), Vitamin B2: 0.08mg (4.89%), Vitamin B3: 0.68mg (3.39%), Fiber: 0.84g (3.35%), Iron: 0.6mg (3.32%), Vitamin K: 3.46µg (3.29%), Vitamin E: 0.43mg (2.87%), Phosphorus: 23.8mg (2.38%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.18mg (1.8%), Potassium: 58.98mg (1.69%), Vitamin C: 1.24mg (1.51%), Copper: 0.03mg (1.44%), Magnesium: 5.55mg (1.39%)