



## Banana Buster Brown Cupcakes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



225 kcal

DESSERT

## Ingredients

- ☐ 1 cup granulated onion white all-purpose
- ☐ 0.3 cup cocoa powder unsweetened (regular or Dutch-processed)
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 teaspoon eggs
- ☐ 0.5 cup banana ripe mashed ( 1 medium banana)
- ☐ 0.5 cup water
- ☐ 0.3 cup milk

- ☐ 0.3 cup corn oil
- ☐ 0.8 teaspoon vanilla extract pure
- ☐ 2 large egg whites (\*see tip on freezing yolks)
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup peanut butter
- ☐ 0.5 cup butter unsalted softened (1 stick)

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 350° and line muffin pan with 12 cupcake liners
- ☐ Using a large bowl, whisk together dry ingredients: sugar, flour, cocoa powder, baking powder, baking soda and salt. Set aside
- ☐ In another large bowl, whisk remaining ingredients until combined: egg, banana, water, milk, oil, vanilla.
- ☐ Combine wet and dry ingredients and stir until combined.
- ☐ Scoop batter into cupcake liners 3/4 full.
- ☐ Bake for 20 minuets or until toothpick inserted comes out clean.
- ☐ Remove from oven. Cool completely before frosting.
- ☐ In a heat proof bowl, whisk together egg whites, sugar and salt.

- ☐ Place over (not in) a pan of simmering water.
- ☐ Cook, whisking continuously until sugar is dissolved and warm to the touch.
- ☐ Pour mixture into bowl of electric mixer. Beat on medium speed until fluffy, approximately 15 minutes.
- ☐ Raise speed to high, and mix until stiff peaks form (this took about 7 minutes for me)
- ☐ Reduce speed to medium-low and add peanut butter a little at a time, then butter, 1 tablespoon at a time until fully mixed.
- ☐ Pipe onto cupcakes.

## Nutrition Facts



## Properties

Glycemic Index:16.56, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:5.5073913569036%

## Flavonoids

Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 225.17kcal (11.26%), Fat: 15.71g (24.17%), Saturated Fat: 6.09g (38.09%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 17.94g (6.52%), Sugar: 11.19g (12.43%), Cholesterol: 21.33mg (7.11%), Sodium: 164.77mg (7.16%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Caffeine: 5.49mg (1.83%), Protein: 3.57g (7.14%), Manganese: 0.31mg (15.71%), Fiber: 2.7g (10.79%), Vitamin E: 1.44mg (9.59%), Copper: 0.18mg (9.05%), Magnesium: 35.49mg (8.87%), Phosphorus: 80.94mg (8.09%), Calcium: 72.81mg (7.28%), Vitamin B6: 0.12mg (6.15%), Potassium: 210.91mg (6.03%), Iron: 0.9mg (5%), Vitamin A: 249.15IU (4.98%), Selenium: 3.37µg (4.81%), Zinc: 0.72mg (4.78%), Vitamin B3: 0.86mg (4.32%), Vitamin B1: 0.06mg (3.78%), Vitamin B2: 0.06mg (3.71%), Folate: 13.15µg (3.29%), Vitamin C: 2.69mg (3.26%), Vitamin K: 3.13µg (2.98%), Vitamin B5: 0.2mg (2.05%), Vitamin D: 0.2µg (1.33%)