



Banana-Chocolate Chip Cupcakes

READY IN



80 min.

SERVINGS



24

CALORIES



227 kcal

DESSERT

Ingredients

- 1 cup banana very ripe mashed (2 medium)
- 0.3 cup butter softened
- 1 container chocolate frosting
- 3 eggs
- 0.8 cup semisweet chocolate chips miniature
- 0.5 cup water
- 1 box cake mix yellow

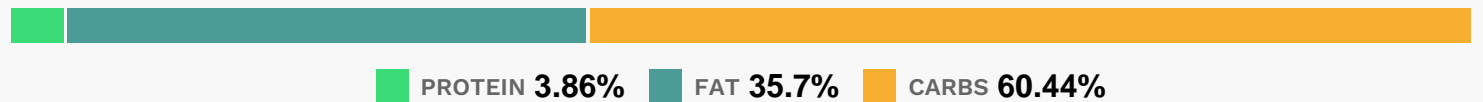
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 375F (350F for dark or nonstick pan).
- Place paper baking cup in each of 24 regular-size muffins cups.
- In large bowl, beat cake mix, bananas, water, butter and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in chocolate chips. Spoon batter evenly into muffin cups.
- Bake 18 to 24 minutes or until toothpick inserted in center comes out clean.
- Remove from pan to cooling racks. Cool completely, about 30 minutes. Frost cupcakes with frosting. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:2.28, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:4.1430435206579%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 227.44kcal (11.37%), Fat: 9.2g (14.15%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 33.86g (12.31%), Sugar: 23.71g (26.35%), Cholesterol: 20.9mg (6.97%), Sodium: 222.52mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.74mg (2.25%), Protein: 2.24g (4.48%), Phosphorus: 113.72mg (11.37%), Manganese: 0.2mg (10.14%), Copper: 0.16mg (7.76%), Iron: 1.3mg (7.2%), Calcium: 55.8mg (5.58%), Magnesium: 21.6mg (5.4%), Vitamin B2: 0.09mg (5.13%), Fiber: 1.18g (4.73%), Folate: 18.7µg (4.67%), Selenium: 3.17µg (4.53%), Vitamin E: 0.67mg (4.49%), Vitamin B1: 0.06mg (3.93%), Potassium: 120mg (3.43%), Vitamin B3:

0.63mg (3.15%), Vitamin B6: 0.05mg (2.63%), Zinc: 0.39mg (2.6%), Vitamin A: 122.17IU (2.44%), Vitamin B5: 0.21mg (2.13%), Vitamin B12: 0.09µg (1.44%), Vitamin K: 1.2µg (1.15%)