



## Banana-Chocolate Cupcakes

READY IN



45 min.

SERVINGS



18

CALORIES



211 kcal

DESSERT

### Ingredients

- 1.5 teaspoons baking soda
- 1 cup bananas mashed
- 0.3 cup butter softened
- 0.3 cup buttermilk
- 2 large eggs
- 2 cups flour all-purpose
- 0.1 teaspoon salt
- 6 ounces semisweet chocolate morsels
- 1.5 cups sugar

1 teaspoon vanilla extract

## Equipment

oven

hand mixer

## Directions

Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.

Add eggs, banana, and vanilla, beating until blended.

Stir together flour, soda, and salt.

Add flour mixture to banana mixture alternately with buttermilk, beginning and ending with flour mixture; beat at low speed until blended after each addition. Stir in morsels.

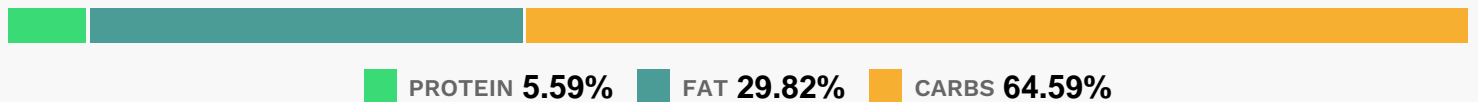
Place paper baking cups in muffin pans, and coat with cooking spray; spoon batter into pans, filling cups two-thirds full.

Bake at 350 for 17 minutes.

Remove cupcakes from pans immediately, and cool on wire racks.

Spread with frosting, if desired.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:20.29, Inflammation Score:-3, Nutrition Score:4.5239130517711%

## Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 210.86kcal (10.54%), Fat: 7.05g (10.85%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 33.02g (12.01%), Sugar: 21.42g (23.8%), Cholesterol: 21.72mg (7.24%), Sodium: 151.13mg (6.57%), Alcohol: 0.08g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.98g (5.95%), Manganese:

0.25mg (12.27%), Selenium: 7.56µg (10.79%), Vitamin B1: 0.12mg (7.95%), Iron: 1.37mg (7.61%), Copper: 0.15mg (7.54%), Folate: 29.95µg (7.49%), Vitamin B2: 0.12mg (6.88%), Magnesium: 23.17mg (5.79%), Phosphorus: 56.92mg (5.69%), Fiber: 1.35g (5.39%), Vitamin B3: 0.96mg (4.82%), Potassium: 113.93mg (3.26%), Vitamin A: 160.17IU (3.2%), Zinc: 0.45mg (3%), Vitamin B6: 0.05mg (2.56%), Vitamin B5: 0.22mg (2.22%), Calcium: 17.73mg (1.77%), Vitamin E: 0.23mg (1.54%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.17µg (1.13%)