



## Banana, Chocolate, Peanut Butter Cupcakes

READY IN



80 min.

SERVINGS



24

CALORIES



437 kcal

DESSERT

### Ingredients

- 1.5 teaspoons baking soda
- 1.5 cups bananas ripe mashed
- 10 ounces bittersweet chocolate chips
- 2 tablespoons butter
- 6 ounces butter at room temperature
- 1.5 cups buttermilk
- 0.3 cup cornstarch
- 4 large egg yolks
- 3 large eggs

- 1 tablespoon flour all-purpose
- 3 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 cup heavy cream
- 1 cup heavy cream soft
- 1 teaspoon juice of lemon
- 0.8 cup peanut butter
- 0.5 teaspoon salt
- 1 pinch salt
- 0.5 cup sugar
- 2 cups sugar
- 0.3 teaspoon vanilla extract
- 2 teaspoons vanilla extract
- 3 cups milk whole

## Equipment

- bowl
- sauce pan
- oven
- whisk
- mixing bowl
- sieve
- plastic wrap
- hand mixer
- wooden spoon

## Directions

- For the cupcakes: Preheat the oven to 325 degrees F and line muffin pans with paper liners.

- In medium bowl, combine the bananas and lemon juice. Sift together the flour, baking soda, salt and cinnamon.
- In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and sugar until light and fluffy. Beat in the eggs and vanilla.
- Add the buttermilk and flour mixture alternately. Fill the liners about three-quarters of the way full and bake, 17 to 19 minutes.
- For the filling: In a small saucepan, heat the heavy cream until it just reaches a boil.
- Pour into a medium mixing bowl over the bittersweet chocolate and let sit for 2 minutes. Stir the mixture and let come to room temperature.
- For the pastry cream: In medium saucepan over medium heat, combine 2 1/2 cups of the milk, the sugar and salt. Cook until all the sugar dissolves, and then add the vanilla.
- Combine the remaining 1/2 cup milk with the cornstarch, flour and egg yolks.
- Whisk some of the hot milk mixture into the egg yolk mixture to be sure to not scramble the eggs. When tempered, add the yolk mixture back to the saucepan.
- Keep stirring with a whisk until the mixture is thick enough to coat the back of a wooden spoon. Strain through a mesh strainer to remove any lumps. Stir in the peanut butter and butter. Cover the top with plastic wrap and refrigerate until completely cool. Fold in the whipped cream.
- To assemble: Core out the cupcakes and fill with pastry cream. Dip the tops of the cupcakes into chocolate ganache.

## Nutrition Facts



**PROTEIN 7.09%** **FAT 50.07%** **CARBS 42.84%**

## Properties

Glycemic Index:22.21, Glycemic Load:25.35, Inflammation Score:-5, Nutrition Score:8.9791305272476%

## Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 437.02kcal (21.85%), Fat: 24.76g (38.09%), Saturated Fat: 14.4g (89.99%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 46.13g (16.77%), Sugar: 29.73g (33.03%), Cholesterol: 99.44mg (33.15%), Sodium: 262.47mg (11.41%), Alcohol: 0.13g (100%), Alcohol %: 0.11% (100%), Protein: 7.88g (15.77%), Selenium: 11.92µg (17.03%), Vitamin B2: 0.28mg (16.34%), Phosphorus: 142.18mg (14.22%), Manganese: 0.28mg (14.01%), Vitamin A: 653.84IU (13.08%), Vitamin B1: 0.19mg (12.47%), Folate: 49.36µg (12.34%), Calcium: 120.12mg (12.01%), Vitamin B3: 2.27mg (11.34%), Vitamin E: 1.48mg (9.85%), Magnesium: 31.63mg (7.91%), Potassium: 270.72mg (7.73%), Zinc: 1.13mg (7.56%), Vitamin D: 1.13µg (7.51%), Vitamin B6: 0.14mg (7.23%), Iron: 1.29mg (7.16%), Vitamin B12: 0.42µg (7.06%), Vitamin B5: 0.69mg (6.87%), Fiber: 1.53g (6.13%), Copper: 0.1mg (5.06%), Vitamin K: 2.42µg (2.31%), Vitamin C: 1.08mg (1.3%)