



Banana Coconut Cupcakes



Vegetarian



Vegan



Dairy Free



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1.5 teaspoons baking soda
- ☐ 2 bananas ripe mashed
- ☐ 1 cup coconut or shredded toasted
- ☐ 4 ounces dairy-free cream cheese alternative room temperature
- ☐ 0.3 cup dairy-free margarine room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 0.7 cup milk alternative unsweetened (So Delicious Coconut Milk Beverage was used here)

- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

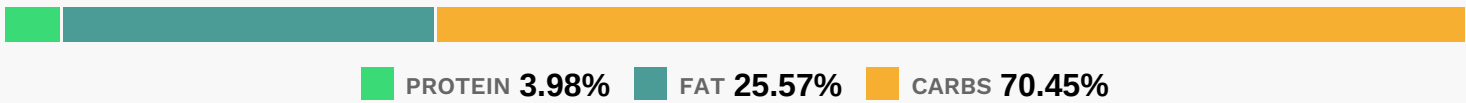
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin tray
- ☐ silicone muffin liners

Directions

- ☐ Preheat oven to 350°F.Sift together flour, sugar, soda and salt in a large bowl.
- ☐ Add remaining ingredients and stir until moistened.Coat muffin tins with baking spray or use silicone muffin cups.Fill each muffin cup 3/4 full.
- ☐ Bake 15–20 minutes or until toothpick inserted into center of cupcake comes out clean.Allow to cool completely before frosting.Using electric mixer, combine cream cheese and margarine and mix until smooth.
- ☐ Add vanilla. Slowly add powdered sugar until desired consistency is reached. Texture should be smooth.
- ☐ Spread each cooled cupcake with frosting.
- ☐ Place toasted coconut on plate and gently roll each frosted cupcake in coconut. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.49, Glycemic Load:28.23, Inflammation Score:-3, Nutrition Score:6.7795652047448%

Flavonoids

Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 375.81kcal (18.79%), Fat: 10.87g (16.72%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 67.38g (22.46%), Net Carbohydrates: 64.72g (23.53%), Sugar: 41.48g (46.08%), Cholesterol: 0mg (0%), Sodium: 363.66mg (15.81%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 3.8g (7.61%), Manganese: 0.46mg (23.02%), Selenium: 10.81µg (15.44%), Vitamin B1: 0.22mg (14.91%), Folate: 56.07µg (14.02%), Fiber: 2.66g (10.65%), Iron: 1.83mg (10.17%), Vitamin B2: 0.16mg (9.28%), Vitamin B3: 1.82mg (9.12%), Vitamin E: 1.01mg (6.76%), Copper: 0.13mg (6.28%), Phosphorus: 54.54mg (5.45%), Potassium: 174.68mg (4.99%), Vitamin B6: 0.1mg (4.86%), Magnesium: 18.76mg (4.69%), Vitamin A: 198.29IU (3.97%), Vitamin C: 2.51mg (3.04%), Vitamin K: 2.92µg (2.78%), Zinc: 0.38mg (2.57%), Vitamin B5: 0.23mg (2.33%), Calcium: 15.98mg (1.6%)