



## Banana Coffee Cakes

READY IN



50 min.

SERVINGS



12

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 1 cup banana ripe mashed ( 2 medium)
- 0.5 cup brown sugar packed
- 0.3 cup butter cold
- 1 eggs slightly beaten
- 0.5 cup flour all-purpose gold medal®
- 0.3 cup granulated sugar
- 0.5 teaspoon ground allspice
- 0.7 cup milk
- 2 tablespoons peanut butter

- 0.5 cup vanilla extract white
- 2 tablespoons whipping cream
- 2 cups baking mix original bisquick®

## Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- blender
- toothpicks
- microwave
- muffin liners

## Directions

- Heat oven to 400°F. Spray 12 regular-size muffin cups with cooking spray.
- In medium bowl, stir coffee cake ingredients with fork or whisk until blended. Divide batter among muffin cups.
- In small bowl, mix flour and brown sugar.
- Cut in butter and peanut butter, using pastry blender or fork, until mixture looks like small peas.
- Sprinkle topping evenly over batter.
- Bake 17 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Gently run knife around edge of cups; remove to cooling rack.
- In small microwavable bowl, microwave baking chips and whipping cream uncovered on High 30 to 60 seconds or until chips are melted; stir until smooth.
- Place sheet of waxed paper under cooling rack.
- Drizzle glaze back and forth over tops of cakes with tines of fork.
- Serve warm.

# Nutrition Facts

PROTEIN 6.21% FAT 35.87% CARBS 57.92%

## Properties

Glycemic Index:22.24, Glycemic Load:8.45, Inflammation Score:-3, Nutrition Score:5.7256521556688%

## Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 268.88kcal (13.44%), Fat: 10.06g (15.47%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 35.5g (12.91%), Sugar: 20.42g (22.69%), Cholesterol: 18.49mg (6.16%), Sodium: 325.96mg (14.17%), Alcohol: 2.98g (100%), Alcohol %: 4.28% (100%), Protein: 3.92g (7.83%), Phosphorus: 158.88mg (15.89%), Vitamin B1: 0.17mg (11.63%), Vitamin B2: 0.18mg (10.51%), Folate: 41.32µg (10.33%), Manganese: 0.21mg (10.32%), Vitamin B3: 1.72mg (8.61%), Selenium: 5.1µg (7.29%), Calcium: 69.48mg (6.95%), Iron: 1.03mg (5.7%), Vitamin A: 256.92IU (5.14%), Vitamin B6: 0.1mg (4.86%), Magnesium: 18.39mg (4.6%), Potassium: 153.72mg (4.39%), Fiber: 1.03g (4.13%), Vitamin B5: 0.4mg (4.02%), Copper: 0.07mg (3.68%), Vitamin E: 0.5mg (3.33%), Vitamin B12: 0.19µg (3.21%), Zinc: 0.37mg (2.44%), Vitamin D: 0.26µg (1.75%), Vitamin C: 1.2mg (1.46%), Vitamin K: 1.52µg (1.45%)