



Banana-Cream-Pie Cupcakes

 Popular

READY IN



60 min.

SERVINGS



12

CALORIES



406 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons banana extract
- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 0.3 cup graham cracker crumbs
- ☐ 0.5 box jello banana pudding mix instant (3.4-oz size)
- ☐ 4 cups powdered sugar
- ☐ 1 tablespoon vanilla
- ☐ 12 vanilla wafers

- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup water
- ☐ 3 tablespoons whipping cream

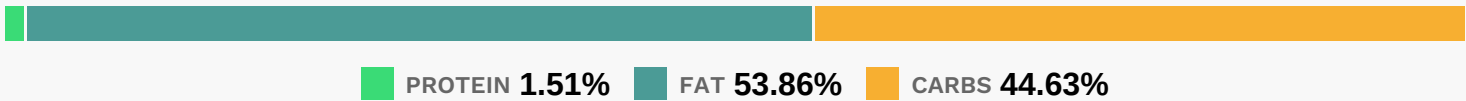
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Make cupcake batter as directed on cupcake mix box, using water, oil, eggs and adding 1/2 box of pudding mix. (Other half of box will be used in frosting.)
- ☐ Before filling paper baking cups as directed on box, place 1 vanilla wafer cookie in bottom of each paper cup. Fill cups as directed on box.
- ☐ Bake and cool cupcakes.
- ☐ Meanwhile, in medium bowl, beat frosting ingredients with electric mixer on medium speed until smooth. Refrigerate until ready to use.
- ☐ Frost cooled cupcakes.
- ☐ Sprinkle tops with graham cracker crumbs; top each with 1 cookie.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:4.26, Inflammation Score:-3, Nutrition Score:2.5900000009038%

Nutrients (% of daily need)

Calories: 406.41kcal (20.32%), Fat: 24.67g (37.95%), Saturated Fat: 12.11g (75.68%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 45.84g (16.67%), Sugar: 41.74g (46.37%), Cholesterol: 72.25mg (24.08%), Sodium: 170.97mg (7.43%), Alcohol: 0.37g (100%), Alcohol %: 0.47% (100%), Protein: 1.55g (3.11%), Vitamin K: 12.6µg (12%), Vitamin A: 567.45IU (11.35%), Vitamin E: 1.05mg (6.97%), Vitamin B2: 0.07mg (4.33%), Selenium: 2.79µg (3.99%), Phosphorus: 27.69mg (2.77%), Folate: 10.25µg (2.56%), Vitamin B1: 0.03mg (2.26%), Vitamin B12: 0.1µg (1.72%),

Vitamin B5: 0.14mg (1.43%), Vitamin D: 0.21µg (1.38%), Calcium: 13.47mg (1.35%), Iron: 0.23mg (1.3%), Vitamin B3: 0.24mg (1.21%), Zinc: 0.16mg (1.08%)