

Banana Cupcakes

READY IN



35 min.

SERVINGS



18

CALORIES



336 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1 cup banana ripe mashed (2 medium)
- 0.5 cup butter softened
- 0.3 cup buttermilk
- 18 servings sprinkles
- 2.5 cups powdered sugar
- 2 eggs
- 2 cups flour all-purpose

- 3 tablespoons milk
- 0.5 teaspoon salt
- 0.5 cup shortening
- 1.5 cups sugar
- 1 teaspoon vanilla extract

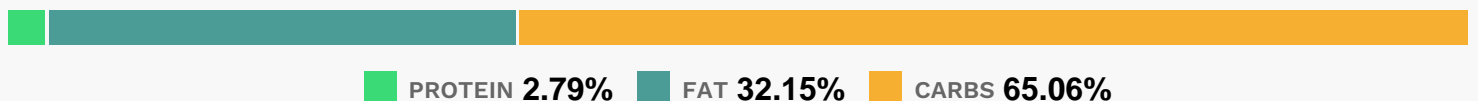
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- In a large bowl, cream shortening and sugar until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in vanilla and bananas.
- Combine the flour, baking powder, baking soda and salt; add to banana mixture alternately with buttermilk, beating well after each addition.
- Fill 18 paper-lined muffin cups two-thirds full.
- Bake at 350° for 15–20 minutes or until a toothpick inserted near the center comes out clean.
- Remove to wire racks to cool completely.
- In a small bowl, cream butter and confectioners' sugar until light and fluffy; add enough milk to achieve desired spreading consistency. Frost cupcakes.
- Garnish with sprinkles if desired.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:20.38, Inflammation Score:-2, Nutrition Score:3.5343477933303%

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: 336.14kcal (16.81%), Fat: 12.2g (18.77%), Saturated Fat: 5.44g (33.99%), Carbohydrates: 55.54g (18.51%), Net Carbohydrates: 54.95g (19.98%), Sugar: 43.42g (48.24%), Cholesterol: 32.41mg (10.8%), Sodium: 186.8mg (8.12%), Alcohol: 0.08g (100%), Alcohol %: 0.11% (100%), Protein: 2.38g (4.77%), Selenium: 6.73µg (9.61%), Vitamin B1: 0.12mg (7.87%), Folate: 29.74µg (7.43%), Vitamin B2: 0.11mg (6.76%), Manganese: 0.12mg (6.04%), Iron: 0.8mg (4.45%), Vitamin B3: 0.89mg (4.44%), Vitamin A: 198.86IU (3.98%), Phosphorus: 38.27mg (3.83%), Vitamin E: 0.57mg (3.78%), Vitamin K: 3.59µg (3.42%), Calcium: 27.17mg (2.72%), Vitamin B6: 0.05mg (2.4%), Fiber: 0.59g (2.37%), Vitamin B5: 0.23mg (2.31%), Potassium: 62.26mg (1.78%), Magnesium: 6.74mg (1.68%), Copper: 0.03mg (1.67%), Vitamin B12: 0.08µg (1.38%), Zinc: 0.21mg (1.37%), Vitamin D: 0.17µg (1.12%)