



Banana Cupcakes with Amaretto Buttercream

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



323 kcal

DESSERT

Ingredients

- 2 tablespoons almonds toasted chopped
- 2.5 tablespoons amaretto (almond-flavored liqueur)
- 0.5 teaspoon baking soda
- 0.7 cup banana ripe mashed (1 large)
- 0.3 cup butter softened
- 0.3 cup butter softened
- 2 large eggs
- 0.3 cup yogurt plain fat-free

- 6.8 ounces flour all-purpose
- 1 cup granulated sugar
- 2 cups powdered sugar
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.3 teaspoon vanilla extract
- 1.3 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- muffin liners
- measuring cup

Directions

- Preheat oven to 35
- To prepare cupcakes, place 12 muffin cup liners in muffin cups; coat liners with cooking spray. Set aside.
- Place granulated sugar and 1/4 cup butter in a large bowl; beat with a mixer at medium speed until well blended (about 4 minutes).
- Add eggs, 1 at a time, beating well after each addition.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, and 1/4 teaspoon salt, stirring with a whisk.

- Combine banana, yogurt, and 1 1/4 teaspoons vanilla, stirring well. Beating at low speed, add flour mixture and banana mixture alternately to sugar mixture, beginning and ending with flour mixture. Spoon batter into prepared muffin cups (cups will be full).
- Bake at 350 for 20 minutes or until a wooden pick inserted into center of 1 cupcake comes out clean.
- Remove cupcakes from pan; cool completely on a wire rack.
- To prepare frosting, place 1/3 cup butter, liqueur, and 1/4 teaspoon vanilla in a large bowl; beat with a mixer at medium speed until smooth. Gradually add powdered sugar and 1/8 teaspoon salt, beating just until smooth.
- Spread frosting evenly over cupcakes; sprinkle evenly with almonds.

Nutrition Facts



Properties

Glycemic Index:25.82, Glycemic Load:21.38, Inflammation Score:-3, Nutrition Score:4.6295652674592%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 322.99kcal (16.15%), Fat: 10.83g (16.67%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 52.65g (17.55%), Net Carbohydrates: 51.79g (18.83%), Sugar: 38.96g (43.28%), Cholesterol: 54.86mg (18.29%), Sodium: 207.58mg (9.03%), Alcohol: 0.98g (100%), Alcohol %: 1.35% (100%), Protein: 3.63g (7.26%), Selenium: 8.7µg (12.43%), Vitamin B2: 0.17mg (9.97%), Vitamin B1: 0.14mg (9.23%), Folate: 36.65µg (9.16%), Manganese: 0.18mg (8.77%), Vitamin A: 326.58IU (6.53%), Phosphorus: 57.12mg (5.71%), Iron: 1mg (5.56%), Vitamin B3: 1.08mg (5.42%), Vitamin E: 0.79mg (5.25%), Fiber: 0.86g (3.42%), Magnesium: 12.93mg (3.23%), Vitamin B6: 0.06mg (2.91%), Vitamin B5: 0.29mg (2.89%), Copper: 0.06mg (2.89%), Calcium: 28.65mg (2.86%), Potassium: 93.04mg (2.66%), Zinc: 0.36mg (2.43%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.17µg (1.11%)