



Banana Cupcakes with Chocolate Frosting

READY IN



20 min.

SERVINGS



16

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup bananas ripe mashed (2 large bananas)
- ☐ 4 ounces chocolate chips
- ☐ 1.5 cups confectioners' sugar sifted
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups brown sugar light packed
- ☐ 0.3 cup yogurt plain

- ☐ 1 pinch salt
- ☐ 6 tablespoons butter unsalted at room temperature
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Make cupcakes: Preheat oven to 350F. Grease a 12-cup muffin tin and 4 cups of another tin, or line with paper or foil liners. (
- ☐ Pour 2 Tbsp. water into each empty cup.)
- ☐ In a bowl, sift flour, baking powder, baking soda and salt. In a large bowl, using an electric mixer on medium speed, beat butter and sugar until light, about 3 minutes. Beat in eggs, one at a time. Beat in banana, yogurt and vanilla. Stir in flour mixture until just combined. Divide batter among muffin cups, filling each about 2/3 full.
- ☐ Bake until a toothpick inserted in a cupcake comes out clean, 15 to 20 minutes.
- ☐ Let cool in tins on a wire rack for about 15 minutes, then remove from tins to racks; let stand until cooled completely.
- ☐ Make frosting: In a heatproof bowl set over a pan of just-simmering water, melt chocolate.

- ☐ Let cool to room temperature. In a bowl, using an electric mixer on medium speed, beatbutter and sugar until light, about 3 minutes. Beat in milk, vanilla and chocolate until smooth.
- ☐ Spread frosting on cupcakes.
- ☐ Garnish with sprinkles, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:9.78, Inflammation Score:-3, Nutrition Score:4.2265217485635%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, 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: 323.31kcal (16.17%), Fat: 12.89g (19.84%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 49.79g (18.1%), Sugar: 36.53g (40.59%), Cholesterol: 50.2mg (16.73%), Sodium: 98.99mg (4.3%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 2.8g (5.59%), Selenium: 7.85µg (11.21%), Vitamin B1: 0.13mg (8.69%), Folate: 34.25µg (8.56%), Manganese: 0.15mg (7.43%), Vitamin B2: 0.13mg (7.4%), Vitamin A: 351.19IU (7.02%), Iron: 1.04mg (5.8%), Calcium: 52.05mg (5.21%), Vitamin B3: 1.02mg (5.11%), Phosphorus: 45.15mg (4.52%), Potassium: 117.51mg (3.36%), Vitamin B6: 0.06mg (3.13%), Fiber: 0.67g (2.66%), Vitamin B5: 0.25mg (2.55%), Vitamin E: 0.37mg (2.48%), Magnesium: 9.49mg (2.37%), Copper: 0.05mg (2.37%), Vitamin D: 0.32µg (2.15%), Zinc: 0.25mg (1.66%), Vitamin B12: 0.1µg (1.59%), Vitamin C: 0.83mg (1.01%)