



Banana Cupcakes with Cream Cheese Frosting

READY IN



45 min.

SERVINGS



12

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup banana ripe mashed
- ☐ 2 large eggs
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar divided
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.8 cups powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup stick margarine softened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons walnuts toasted finely chopped

Equipment

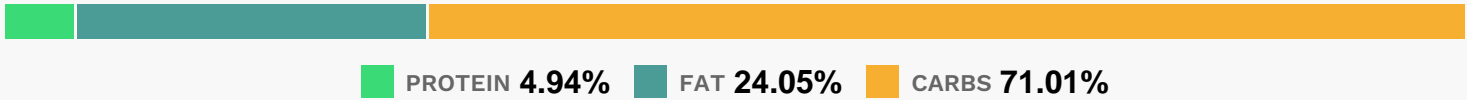
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cupcakes, combine 1/4 cup granulated sugar and banana; set aside. Beat 1/2 cup granulated sugar, butter, and 1 teaspoon vanilla at medium speed of a mixer until well-blended (about 3 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add banana mixture to sugar mixture, beating well. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking soda, salt, and nutmeg in a bowl, stirring well with a whisk.
- ☐ Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture; mix after each addition.
- ☐ Spoon batter into 12 muffin cups lined with paper liners.

- ☐
- Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐
- To prepare the frosting, beat the powdered sugar, chilled cream cheese, and 1/2 teaspoon vanilla at medium speed of a mixer just until blended (do not overbeat).
- ☐
- Spread frosting over cupcakes, and sprinkle with toasted walnuts.

Nutrition Facts



Properties

Glycemic Index:24.16, Glycemic Load:15.2, Inflammation Score:-2, Nutrition Score:3.3573913321547%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 222.45kcal (11.12%), Fat: 6.03g (9.28%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 39.53g (14.38%), Sugar: 30.92g (34.36%), Cholesterol: 31.1mg (10.37%), Sodium: 157.12mg (6.83%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 2.79g (5.57%), Selenium: 6.6µg (9.43%), Manganese: 0.15mg (7.55%), Vitamin B2: 0.12mg (6.86%), Folate: 26.56µg (6.64%), Vitamin B1: 0.1mg (6.39%), Vitamin A: 226.04IU (4.52%), Phosphorus: 44.16mg (4.42%), Iron: 0.72mg (3.99%), Vitamin B3: 0.69mg (3.46%), Copper: 0.06mg (2.8%), Vitamin B6: 0.05mg (2.7%), Vitamin B5: 0.24mg (2.41%), Fiber: 0.56g (2.26%), Magnesium: 8.87mg (2.22%), Calcium: 20.27mg (2.03%), Potassium: 68.95mg (1.97%), Zinc: 0.3mg (1.97%), Vitamin B12: 0.11µg (1.84%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.17µg (1.11%)