



Banana Cupcakes with Peanut Butter Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large banana very ripe peeled
- ☐ 8 ounce cream cheese room temperature
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 1.5 cups powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup creamy peanut butter freshly ground (do not use old-fashioned or)
- ☐ 0.5 cup cream sour
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1.5 teaspoons vanilla extract

Equipment

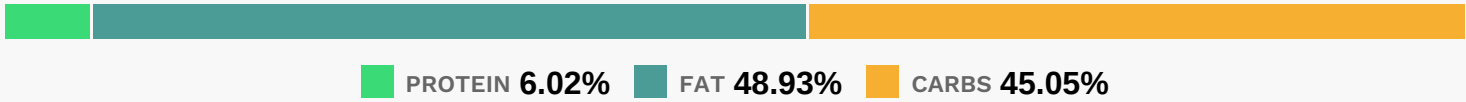
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Line 12 standard (1/3-cup) muffin cups with paper liners.
- ☐ Whisk flour, baking powder, baking soda, and salt in medium bowl to blend. Mash bananas with fork in another medium bowl until smooth.
- ☐ Mix sour cream and vanilla into bananas.
- ☐ Using electric mixer, beat sugar and butter in large bowl until light and fluffy, about 3 minutes.
- ☐ Add egg and egg yolk and beat until well blended.
- ☐ Add flour mixture in 3 additions alternately with banana-sour cream mixture in 2 additions, beginning and ending with flour mixture and beating just until blended after each addition. Divide batter among prepared muffin cups (generous 1/4 cup for each).
- ☐ Bake cupcakes until tester inserted into center of each comes out clean, about 20 minutes.
- ☐ Transfer cupcakes to rack and let cool completely.
- ☐ Sift powdered sugar into large bowl.
- ☐ Add cream cheese, butter, and peanut butter. Using electric mixer, beat mixture until smooth.
- ☐ Spread frosting over top of cupcakes, dividing equally.

- ☐ Sprinklelightly with chopped peanuts, if desired.DO AHEAD: Can be made 1 day ahead.
Storeairtight at room temperature.
- ☐ Per serving: 462.1 kcal calories,
- ☐ 7 % calories from fat, 29.1 g fat,
- ☐ 6 g saturated fat,102.6 mg cholesterol,
- ☐ 2 g carbohydrates,
- ☐ 5 g total sugars,
- ☐ 8 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:27.74, Glycemic Load:19.09, Inflammation Score:-5, Nutrition Score:7.3352174707081%

Flavonoids

Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg 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: 403.39kcal (20.17%), Fat: 22.54g (34.68%), Saturated Fat: 11.04g (69.01%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 45.24g (16.45%), Sugar: 32.2g (35.78%), Cholesterol: 75.88mg (25.29%), Sodium: 264.08mg (11.48%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 6.24g (12.48%), Manganese: 0.32mg (15.77%), Selenium: 9.4µg (13.42%), Vitamin A: 607.33IU (12.15%), Vitamin B3: 2.38mg (11.92%), Vitamin B2: 0.2mg (11.55%), Folate: 44.19µg (11.05%), Phosphorus: 110.03mg (11%), Vitamin E: 1.51mg (10.06%), Vitamin B1: 0.14mg (9%), Vitamin B6: 0.16mg (8.18%), Magnesium: 30.77mg (7.69%), Calcium: 72.54mg (7.25%), Iron: 1.06mg (5.9%), Fiber: 1.46g (5.83%), Potassium: 203.6mg (5.82%), Vitamin B5: 0.5mg (5.03%), Copper: 0.09mg (4.73%), Zinc: 0.62mg (4.15%), Vitamin C: 2.06mg (2.49%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.3µg (2.01%), Vitamin K: 1.41µg (1.34%)