



Banana Moon Pie Cupcakes

READY IN



70 min.

SERVINGS



12

CALORIES



801 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 teaspoon banana extract
- ☐ 1 cup bananas mashed
- ☐ 0.3 cup buttermilk
- ☐ 1 pinch cream of tartar
- ☐ 2 large egg whites at room temperature
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 1.5 cups granulated sugar
- ☐ 2 cups marshmallow crème such as marshmallow fluff
- ☐ 1.5 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.5 cup shortening
- ☐ 1 cup butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 12 ounces chocolate chips white

Equipment

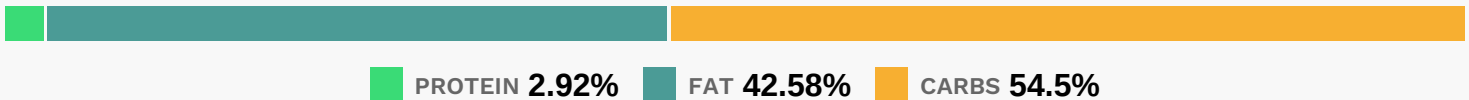
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ double boiler
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees F. Line 12 regular cupcake or muffin pans with cupcake liners.
- ☐ Sift the flour, baking powder, baking soda and salt in a medium mixing bowl. Cream the granulated sugar and shortening in a stand up mixer with a paddle attachment on low.

- ☐ Mix the bananas, buttermilk, vanilla and eggs until blended. Incorporate the flour mixture until blended. Do not over mix. Fill each cup three-quarters full and bake until golden brown and baked all the way through, about 18 minutes.
- ☐ Core each cupcake. Pipe the Marshmallow Cream Filling into the core. Dip the top of each cupcake into the Chocolate Coating. Generously frost each cupcake with the Marshmallow Frosting.
- ☐ Mix the creme, powdered sugar, butter and vanilla until creamy and fluffy in a stand up mixer with a paddle attachment on medium.
- ☐ Put the filling in a piping bag.
- ☐ Cut the tip of the piping bag 1/4-inch.
- ☐ Combine the chips, oil and extract in a double boiler or chocolate melting pot and set on medium temperature. Stir occasionally until smooth.
- ☐ Remove from heat and set aside.
- ☐ Boil 3 tablespoons water and the granulated sugar in a small saucepan over high heat. Stir constantly until the sugar has dissolved. Beat the egg whites, tartar and salt until soft peaks form in a stand up mixer with the whisk attachment. Carefully pour the hot sugar syrup into the egg whites with the mixer at medium speed. Whip the frosting until cool and billowy, about 5 minutes.
- ☐ Put the frosting in a medium piping bag with desired piping tip.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:54.53, Inflammation Score:-4, Nutrition Score:8.2143479637478%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 801.24kcal (40.06%), Fat: 38.89g (59.84%), Saturated Fat: 18.45g (115.34%), Carbohydrates: 112.02g (37.34%), Net Carbohydrates: 110.91g (40.33%), Sugar: 88.77g (98.63%), Cholesterol: 78.17mg (26.06%), Sodium: 259.45mg (11.28%), Alcohol: 0.29g (100%), Alcohol %: 0.18% (100%), Protein: 5.99g (11.98%), Selenium: 12.9µg

(18.43%), Vitamin B2: 0.29mg (16.79%), Vitamin K: 17µg (16.19%), Vitamin B1: 0.2mg (13.06%), Folate: 48.81µg (12.2%), Vitamin E: 1.73mg (11.52%), Phosphorus: 109.99mg (11%), Vitamin A: 546.48IU (10.93%), Manganese: 0.2mg (10.18%), Calcium: 96.22mg (9.62%), Vitamin B3: 1.59mg (7.97%), Iron: 1.32mg (7.32%), Potassium: 218.46mg (6.24%), Vitamin B5: 0.56mg (5.63%), Vitamin B6: 0.11mg (5.55%), Vitamin B12: 0.29µg (4.88%), Fiber: 1.11g (4.43%), Magnesium: 15.73mg (3.93%), Copper: 0.08mg (3.9%), Zinc: 0.54mg (3.57%), Vitamin D: 0.52µg (3.44%), Vitamin C: 1.77mg (2.15%)