



Banana Muffins with Mascarpone Cream Frosting

 Vegetarian

READY IN



110 min.

SERVINGS



18

CALORIES



321 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 4 bananas ripe peeled mashed
- 3 ounces cream cheese room temperature
- 3 large eggs
- 3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon ground nutmeg
- 3 tablespoons honey
- 0.3 cup mascarpone cheese room temperature
- 1 teaspoon salt
- 2 cups sugar
- 6 tablespoons butter unsalted room temperature ()
- 1 tablespoon vanilla extract
- 1 cup vegetable oil
- 0.5 cup walnuts toasted chopped

Equipment

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

Directions

- Watch how to make this recipe.
- Line 18 muffin cups with paper liners. Preheat the oven to 325 degrees F.
- Whisk the flour, baking soda, salt, baking powder, cinnamon, and nutmeg in a medium bowl to blend. Beat the sugar, oil, eggs, and vanilla in a large bowl to blend. Stir in the banana.
- Add the dry ingredients and stir just until blended.
- Divide the batter among the prepared muffin cups.
- Bake the muffins on the middle rack until the tops are golden brown and a tester inserted into the center comes out with no crumbs attached, about 25 minutes.
- Transfer the muffins to a rack and cool slightly. The muffins may be eaten warm or cooled completely and frosted.
- To frost the cupcakes: Using an electric mixer, beat the cream cheese and butter in a large bowl until light and fluffy. Beat in the mascarpone cheese and then beat in the honey.

Spread the frosting over the muffins.

Sprinkle with the walnuts.

Nutrition Facts

PROTEIN 5.65% **FAT 35.76%** **CARBS 58.59%**

Properties

Glycemic Index:25.9, Glycemic Load:31.58, Inflammation Score:-4, Nutrition Score:6.4113043753997%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 321.27kcal (16.06%), Fat: 13g (20%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 46.43g (16.88%), Sugar: 28.71g (31.9%), Cholesterol: 49.97mg (16.66%), Sodium: 232.43mg (10.11%), Alcohol: 0.25g (100%), Alcohol %: 0.28% (100%), Protein: 4.62g (9.24%), Manganese: 0.34mg (17.19%), Selenium: 10.66µg (15.23%), Folate: 51.15µg (12.79%), Vitamin B1: 0.19mg (12.51%), Vitamin B2: 0.18mg (10.81%), Iron: 1.33mg (7.38%), Vitamin B3: 1.46mg (7.31%), Vitamin B6: 0.14mg (7.05%), Phosphorus: 64.96mg (6.5%), Fiber: 1.51g (6.04%), Vitamin A: 301.06IU (6.02%), Copper: 0.11mg (5.7%), Vitamin K: 5.2µg (4.96%), Magnesium: 18.64mg (4.66%), Potassium: 153.17mg (4.38%), Vitamin B5: 0.36mg (3.6%), Vitamin E: 0.5mg (3.32%), Calcium: 31.6mg (3.16%), Zinc: 0.43mg (2.89%), Vitamin C: 2.34mg (2.84%), Vitamin D: 0.24µg (1.58%), Vitamin B12: 0.09µg (1.54%)