



Banana Pudding Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



197 kcal

DESSERT

Ingredients

- 1 box vanilla cake donut holes
- 1 box jello banana pudding mix instant (4-serving size)
- 1 cup milk
- 0.5 cup vegetable oil
- 3 eggs
- 1 cup banana ripe mashed (2 medium)
- 2 cups vanilla wafers crushed
- 6 cups cool whip frozen thawed
- 0.7 cup vanilla wafers crushed

24 banana chips dried

Equipment

bowl

oven

hand mixer

toothpicks

muffin liners

Directions

Heat oven to 350°F (325°F for dark or nonstick pans).

Place paper baking cup in each of 24 regular-size muffin cups.

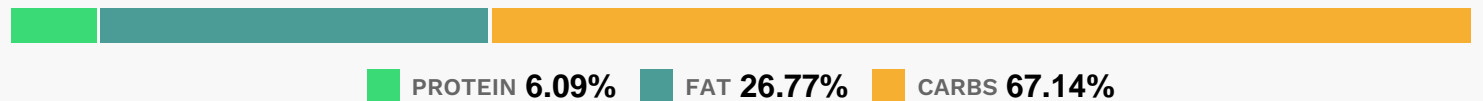
In large bowl, beat cake mix, pudding mix, milk, oil and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in mashed bananas and 2 cups crushed cookies. Divide batter evenly among muffin cups.

Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely.

Frost cupcakes with whipped topping.

Sprinkle with 2/3 cup crushed cookies. Top with banana chips.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:7.62, Inflammation Score:-1, Nutrition Score:4.3752174740252%

Flavonoids

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: 197.44kcal (9.87%), Fat: 5.97g (9.19%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 32.98g (11.99%), Sugar: 17.58g (19.54%), Cholesterol: 24.8mg (8.27%), Sodium: 224.34mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Vitamin B2: 0.23mg (13.81%), Phosphorus: 113.91mg (11.39%), Vitamin B1: 0.14mg (9.1%), Calcium: 83.51mg (8.35%), Folate: 33µg (8.25%), Vitamin B12: 0.38µg (6.36%), Selenium: 4.37µg (6.25%), Vitamin B3: 0.96mg (4.82%), Manganese: 0.08mg (3.93%), Vitamin B6: 0.07mg (3.51%), Iron: 0.55mg (3.06%), Fiber: 0.72g (2.89%), Potassium: 94.45mg (2.7%), Vitamin E: 0.35mg (2.33%), Vitamin K: 2.4µg (2.29%), Vitamin B5: 0.21mg (2.13%), Magnesium: 8.2mg (2.05%), Zinc: 0.29mg (1.91%), Vitamin A: 83.81IU (1.68%), Copper: 0.03mg (1.6%), Vitamin D: 0.22µg (1.48%)