



## Banana Pudding Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



212 kcal

DESSERT

### Ingredients

- ☐ 24 banana chips dried
- ☐ 1 cup banana ripe mashed (2 medium)
- ☐ 3 eggs
- ☐ 1 box jello banana pudding mix instant (4-serving size)
- ☐ 1 cup milk
- ☐ 1 box vanilla cake donut holes
- ☐ 0.7 cup vanilla wafers crushed
- ☐ 2 cups vanilla wafers crushed
- ☐ 0.5 cup vegetable oil

☐ 6 cups non-dairy whipped topping frozen thawed

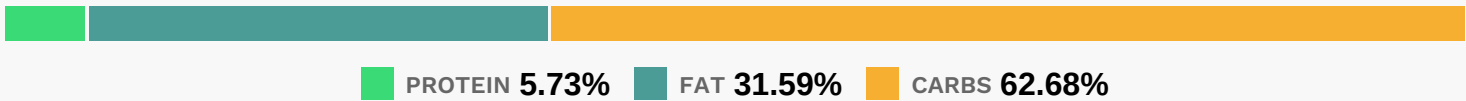
## Equipment

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

## Directions

- ☐ Heat oven to 350F (325F 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:3.7639130561248%

## 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: 211.5kcal (10.58%), Fat: 7.49g (11.53%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 32.8g (11.93%), Sugar: 19.01g (21.12%), Cholesterol: 22.18mg (7.39%), Sodium: 224.34mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Phosphorus: 115.03mg (11.5%), Vitamin B2: 0.14mg (7.98%), Calcium: 76.57mg (7.66%), Folate: 30.37µg (7.59%), Vitamin B1: 0.11mg (7.5%), Selenium: 4.26µg (6.09%), Vitamin B3: 0.91mg (4.57%), Manganese: 0.08mg (3.93%), Iron: 0.56mg (3.13%), Vitamin E: 0.43mg (2.85%), Vitamin K: 2.94µg (2.8%), Potassium: 93.14mg (2.66%), Fiber: 0.65g (2.59%), Vitamin B6: 0.05mg (2.54%), Vitamin B12: 0.14µg (2.36%), Vitamin B5: 0.21mg (2.13%), Magnesium: 8.01mg (2%), Zinc: 0.25mg (1.65%), Copper: 0.03mg (1.52%), Vitamin D: 0.22µg (1.48%), Vitamin A: 64.88IU (1.3%)