



Banana Pudding Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoon baking soda
- ☐ 1 slices banana fresh
- ☐ 1.5 cups banana ripe mashed
- ☐ 4 large banana ripe peeled
- ☐ 1 cup butter softened
- ☐ 4 tablespoons butter
- ☐ 1.5 cups buttermilk
- ☐ 3 large eggs

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- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cups baking mix
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.5 cups sugar
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 24 servings vanilla wafers
- ☐ 3 cups flour all-purpose
- ☐ 1.5 cups whipping cream chilled

Equipment

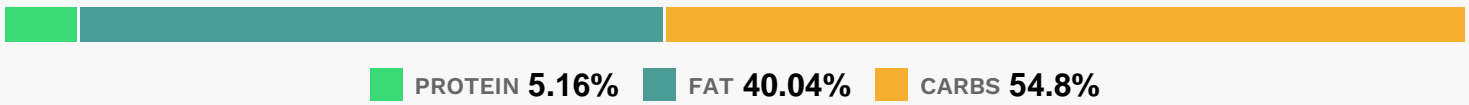
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Prepare Banana Cake. Preheat oven to 350 degrees.
- ☐ Combine bananas and lemon juice in a small bowl; set aside. Beat butter and sugar at medium speed with an electric mixer until creamy.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, baking soda, and salt.
- ☐ Add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla and reserved banana mixture.

- ☐ Place paper baking cups in 2 (12-cup) muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- ☐ Bake for 12–15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely.
- ☐ Fill each cupcake with Fresh Banana Curd. To prepare curd, mash bananas in a large bowl with a fork until creamy.
- ☐ Combine mashed banana and remaining ingredients in a medium saucepan over medium–low heat. Cook, whisking constantly, until mixture thickens and coats a spoon. (Do not boil.) Cool completely. Makes 2 cups.
- ☐ Pipe 2 Tbsp. Fresh Whipped Cream onto each cupcake using metal tip no. To prepare whipped cream, beat whipping cream at high speed with an electric mixer until soft peaks form.
- ☐ Add vanilla and sugar, and beat until stiff peaks form. Store in refrigerator until ready to use. Makes 3 cups.
- ☐ Top with 1 vanilla wafer and 1 banana slice just before serving.

Nutrition Facts



Properties

Glycemic Index:27.4, Glycemic Load:34.84, Inflammation Score:-5, Nutrition Score:7.2565217588259%

Flavonoids

Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 398.92kcal (19.95%), Fat: 18.13g (27.89%), Saturated Fat: 10.54g (65.88%), Carbohydrates: 55.83g (18.61%), Net Carbohydrates: 54.43g (19.79%), Sugar: 37.43g (41.59%), Cholesterol: 98.17mg (32.72%), Sodium: 301.96mg (13.13%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 5.26g (10.52%), Selenium: 11.78µg (16.84%), Vitamin B2: 0.26mg (15.07%), Folate: 51.15µg (12.79%), Vitamin A: 638.07IU (12.76%), Vitamin B1: 0.18mg (12.18%), Manganese: 0.22mg (10.95%), Phosphorus: 106.98mg (10.7%), Vitamin B6: 0.17mg (8.37%), Vitamin B3:

1.43mg (7.17%), Iron: 1.24mg (6.91%), Potassium: 202.99mg (5.8%), Fiber: 1.4g (5.59%), Vitamin B5: 0.56mg (5.56%), Calcium: 51.47mg (5.15%), Vitamin D: 0.72µg (4.83%), Magnesium: 18.19mg (4.55%), Vitamin B12: 0.26µg (4.37%), Vitamin C: 3.59mg (4.36%), Vitamin E: 0.63mg (4.17%), Copper: 0.07mg (3.72%), Zinc: 0.48mg (3.23%), Vitamin K: 1.93µg (1.83%)