



Banana Split Cupcakes

READY IN



105 min.

SERVINGS



48

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 3 eggs
- ☐ 16 oz chocolate frosting
- ☐ 16 oz vanilla frosting
- ☐ 12 oz fluffy frosting
- ☐ 48 maraschino cherries dry with stems, patted

☐ 0.3 cup sprinkles

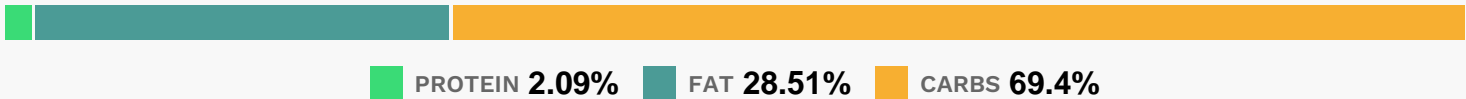
Equipment

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

Directions

- ☐ Heat oven to 350°F.
- ☐ Place mini paper baking cup in each of 24 mini muffin cups. In large bowl, beat cake mix, bananas, oil, water and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes. Fill each muffin cup two-thirds full. (Cover and refrigerate remaining batter until ready to bake.)
- ☐ Bake 15 minutes or until toothpick comes out clean. Cool 5 minutes; remove from pans to cooling racks. Cool completely. Repeat with remaining batter to make 24 more mini cupcakes. In small microwavable bowl, reserve 1/4 cup of the chocolate frosting. Spoon remaining frosting into decorating bag fitted with large star tip #
- ☐ Pipe frosting onto 16 cupcakes. Repeat with white and strawberry frosting. Microwave reserved chocolate frosting on High 20 to 25 seconds or until smooth. Cool 1 minute; drizzle over frosting on each cupcake. Pipe dab of white frosting on each; top with a cherry and sprinkles.

Nutrition Facts



Properties

Glycemic Index:2.93, Glycemic Load:5.17, Inflammation Score:-1, Nutrition Score:1.9378260879413%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg

Nutrients (% of daily need)

Calories: 168.78kcal (8.44%), Fat: 5.42g (8.34%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 29.24g (10.63%), Sugar: 23.64g (26.27%), Cholesterol: 10.23mg (3.41%), Sodium: 130.33mg (5.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin B2: 0.09mg (5.37%), Phosphorus: 50.11mg (5.01%), Vitamin E: 0.57mg (3.81%), Vitamin K: 3.4µg (3.23%), Calcium: 28.41mg (2.84%), Folate: 10.66µg (2.66%), Manganese: 0.05mg (2.65%), Iron: 0.46mg (2.57%), Vitamin B1: 0.03mg (1.99%), Copper: 0.04mg (1.92%), Selenium: 1.3µg (1.86%), Fiber: 0.46g (1.82%), Vitamin B3: 0.32mg (1.6%), Potassium: 45.24mg (1.29%), Vitamin B6: 0.03mg (1.26%), Magnesium: 4.61mg (1.15%), Vitamin B5: 0.11mg (1.06%)