



Banana Split Cupcakes

READY IN



45 min.

SERVINGS



48

CALORIES



378 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups bananas ripe mashed
- ☐ 0.5 cup butter softened
- ☐ 1 cup butter softened
- ☐ 1.5 cups buttermilk
- ☐ 3 large eggs
- ☐ 2 teaspoons juice of lemon
- ☐ 48 servings chocolate candies mini
- ☐ 48 servings maraschino cherries

- ☐ 1 cups paper baking
- ☐ 48 servings pecans toasted
- ☐ 6 cups powdered sugar
- ☐ 16 oz powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces bittersweet chocolate chopped
- ☐ 0.5 cup sieved strawberry purée
- ☐ 2 cups sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon clear vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 3 cups soft-wheat flour all-purpose
- ☐ 0.3 cup whipping cream
- ☐ 1 cup whipping cream
- ☐ 3 tablespoons whipping cream

Equipment

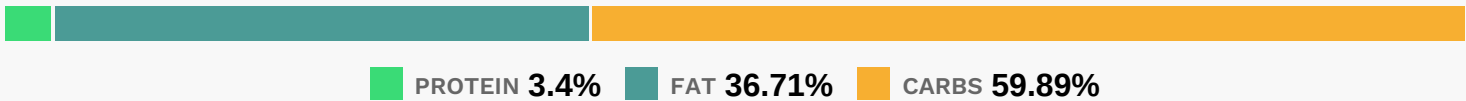
- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ 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 (24-cup) mini muffin pans lined with mini paper baking cups coated with cooking spray. Spoon batter into cups, filling two-thirds full.
- ☐ Bake for 10 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.
- ☐ To prepare Vanilla Frosting, beat first 4 ingredients at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Beat at high speed 2 minutes or until creamy. Make 3 cups.
- ☐ To prepare Chocolate Frosting, beat first 4 ingredients at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Beat at high speed 2 minutes or until creamy. Makes 3 cups.
- ☐ To prepare Strawberry Frosting, beat butter, strawberry puree, and, if desired, extract, at medium speed with an electric mixer until creamy. Gradually add powdered sugar and salt, beating at low speed until blended. Beat at high speed 2 minutes or until creamy. Makes 3 cups.
- ☐ Place 3 mini banana cupcakes in a dessert dish.
- ☐ Place 1 miniature scoop of each flavor of frosting on each cupcake to resemble scoops of icecream. Top each dessert with a drizzle of Chocolate Ganache, toasted pecans, mini chocolate candies, and 1 cherry.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:10.82, Inflammation Score:-3, Nutrition Score:4.5443477941596%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 377.55kcal (18.88%), Fat: 15.7g (24.16%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 57.65g (19.22%), Net Carbohydrates: 55.84g (20.31%), Sugar: 46.98g (52.2%), Cholesterol: 38.81mg (12.94%), Sodium: 180.34mg (7.84%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 6.12mg (2.04%), Protein: 3.27g (6.54%), Manganese: 0.23mg (11.48%), Selenium: 5.2µg (7.42%), Fiber: 1.8g (7.22%), Vitamin A: 359.66IU (7.19%), Copper: 0.14mg (6.97%), Iron: 1.19mg (6.63%), Phosphorus: 65.13mg (6.51%), Vitamin B2: 0.11mg (6.44%), Vitamin B1: 0.09mg (6.22%), Folate: 21.85µg (5.46%), Magnesium: 19.96mg (4.99%), Calcium: 48.6mg (4.86%), Vitamin B3: 0.7mg (3.52%), Potassium: 103.03mg (2.94%), Zinc: 0.42mg (2.81%), Vitamin C: 2.06mg (2.5%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.21mg (2.07%), Vitamin B6: 0.04mg (1.99%), Vitamin D: 0.28µg (1.87%), Vitamin B12: 0.1µg (1.75%), Vitamin K: 1.51µg (1.43%)