



Banana-Toffee Picnic Cupcakes

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.3 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 teaspoon almond extract
- ☐ 3 eggs
- ☐ 0.5 cup toffee chips

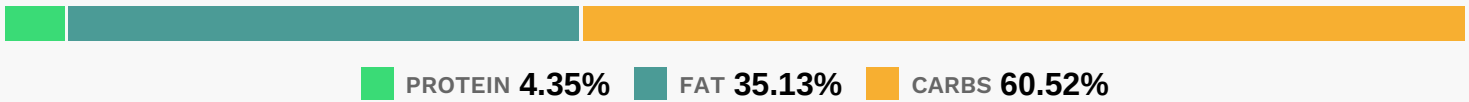
Equipment

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

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, beat cake mix, bananas, water, oil, almond extract and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes. Stir in toffee bits. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 25 minutes or until golden brown and toothpick inserted in center comes out clean. Immediately remove from pans to cooling racks. Cool completely, about 30 minutes. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.41, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:2.7626087328662%

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: 147.31kcal (7.37%), Fat: 5.78g (8.9%), Saturated Fat: 2g (12.52%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 22g (8%), Sugar: 13.25g (14.72%), Cholesterol: 25.59mg (8.53%), Sodium: 171.52mg (7.46%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.61g (3.22%), Phosphorus: 80.63mg (8.06%), Vitamin K: 6.38µg (6.07%), Calcium: 50.63mg (5.06%), Vitamin B2: 0.08mg (4.88%), Folate: 18.58µg (4.65%), Vitamin E: 0.56mg (3.71%), Vitamin B1: 0.05mg (3.62%), Selenium: 2.44µg (3.48%), Iron: 0.56mg (3.13%), Manganese: 0.06mg (2.99%), Vitamin B3: 0.55mg (2.73%), Vitamin B6: 0.05mg (2.47%), Vitamin B5: 0.19mg (1.9%), Vitamin A: 90.48IU (1.81%),

Fiber: 0.42g (1.68%), Vitamin B12: 0.08µg (1.27%), Copper: 0.03mg (1.25%), Potassium: 42.73mg (1.22%),
Magnesium: 4.74mg (1.19%)