



Bananas Foster Cupcakes

READY IN



75 min.

SERVINGS



30

CALORIES



205 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1.3 cups water
- 0.3 cup vegetable oil
- 3 eggs
- 1 cup banana very ripe mashed (2 medium)
- 0.5 teaspoon rum extract
- 0.8 cup dulce de leche (from 13.4-oz can)
- 1 cup butter softened
- 3.5 cups powdered sugar

- 2 tablespoons milk
- 0.8 teaspoon rum extract
- 1 serving food coloring yellow

Equipment

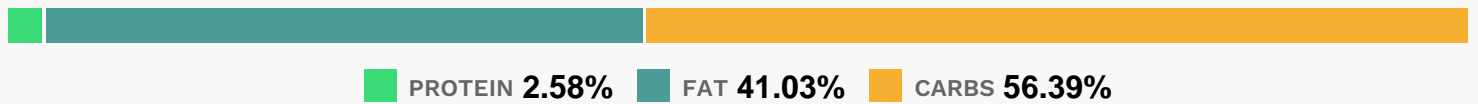
- bowl
- oven
- knife
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 30 regular-size muffin cups.
- Make Cupcakes. In large bowl, beat cake mix, water, oil and eggs with electric mixer on low speed 1 minute.
- Add bananas and rum extract; beat on medium speed until combined, about 30 seconds. Fill muffin cups 3/4 full.
- Bake 18 to 23 minutes or until toothpick inserted in center of cupcakes comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely before filling and frosting, about 30 minutes.
- In center of each cooled cupcake, cut out a cone shape 3/4 inch in diameter on top by 3/4 inch deep, using a sharp paring knife.
- Cut off pointed end of each cone, reserving tops. Fill each cavity with about 1 teaspoon dulce de leche; cover with reserved tops, pressing in lightly.
- Make Rum-Buttercream Frosting. In large bowl, beat butter with electric mixer on medium-high speed until light and fluffy.
- Add powdered sugar slowly, beating on low speed 30 seconds, then on medium speed 1 minute or until incorporated.

- Add 2 tablespoons milk and 3/4 teaspoon rum extract, beating until light and fluffy.
- Add a few drops food coloring at a time, beating between additions, until desired color is achieved. (If frosting is too thick, beat in remaining 1 tablespoon milk, 1 teaspoon at a time, until desired consistency.)
- In decorating bag fitted with your choice of decorating tip, place frosting; pipe onto tops of cupcakes.
- Serve immediately or refrigerate until ready to serve. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.16, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:2.4630435186884%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 204.89kcal (10.24%), Fat: 9.5g (14.62%), Saturated Fat: 4.7g (29.37%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 29.06g (10.57%), Sugar: 21.83g (24.26%), Cholesterol: 32.76mg (10.92%), Sodium: 181.56mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Phosphorus: 66.06mg (6.61%), Vitamin K: 5.53µg (5.26%), Vitamin A: 217.67IU (4.35%), Calcium: 42.56mg (4.26%), Vitamin B2: 0.07mg (4.13%), Vitamin E: 0.58mg (3.89%), Folate: 15.01µg (3.75%), Selenium: 2.1µg (2.99%), Vitamin B1: 0.04mg (2.94%), Iron: 0.46mg (2.55%), Manganese: 0.05mg (2.41%), Vitamin B3: 0.44mg (2.2%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.16mg (1.59%), Fiber: 0.34g (1.35%), Vitamin B12: 0.07µg (1.24%), Copper: 0.02mg (1.1%), Potassium: 35.67mg (1.02%)