



Brownie-Banana Halloween Cupcakes

 Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



385 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 0.7 cup vegetable oil
- 0.3 cup water
- 1 eggs
- 1 medium banana mashed
- 16 oz vanilla frosting
- 1 small sprinkles assorted
- 1 serving sprinkles

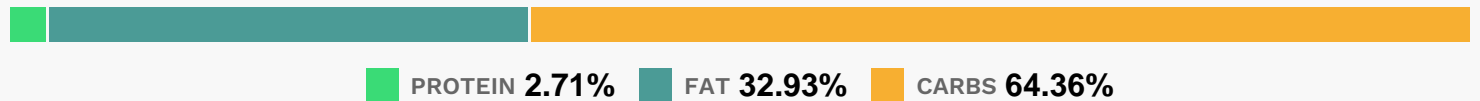
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups. In medium bowl, combine brownie mix, oil, water and egg until well blended; stir in banana. Fill muffin cups with brownie mixture.
- Bake 23 to 27 minutes or until toothpick inserted in near edge comes out clean. Cool 3 minutes; remove from muffin cups. Cool completely, about 1 hour.
- Frost cupcakes with frosting; top with Halloween candies and sprinkles.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:12.12, Inflammation Score:-1, Nutrition Score:2.11347821484444%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 384.71kcal (19.24%), Fat: 14.12g (21.72%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 61.82g (22.48%), Sugar: 46.98g (52.2%), Cholesterol: 13.64mg (4.55%), Sodium: 199.2mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin K: 9.43µg (8.98%), Vitamin B2: 0.14mg (8.12%), Iron: 1.34mg (7.47%), Vitamin E: 0.82mg (5.5%), Vitamin B6: 0.04mg (2.12%), Selenium: 1.26µg (1.8%), Folate: 6.71µg (1.68%), Phosphorus: 16.23mg (1.62%), Potassium: 53.12mg (1.52%), Manganese: 0.03mg (1.38%), Vitamin B5: 0.11mg (1.1%), Vitamin C: 0.86mg (1.04%), Fiber: 0.26g (1.02%)