



## Brownie-Banana Halloween Cupcakes

 Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



426 kcal

DESSERT

### Ingredients

- 1 medium banana mashed
- 1 box brownie mix
- 1 eggs
- 12 servings sprinkles
- 1 small m&m candies assorted
- 1 container vanilla frosting
- 0.7 cup vegetable oil
- 0.3 cup water

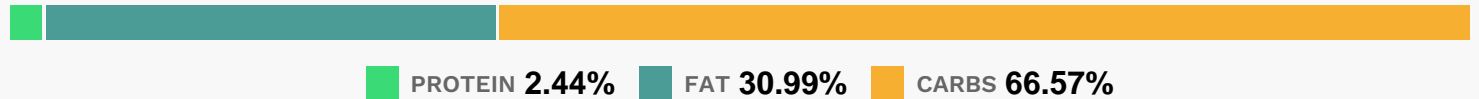
# Equipment

- bowl
- oven
- toothpicks
- muffin liners

# Directions

- Heat oven to 350F.
- 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:12.33, Inflammation Score:0, Nutrition Score:2.1299999874571%

# 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: 426.48kcal (21.32%), Fat: 14.72g (22.65%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 71.14g (23.71%), Net Carbohydrates: 70.89g (25.78%), Sugar: 55.74g (61.93%), Cholesterol: 13.65mg (4.55%), Sodium: 200.55mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin K: 9.52µg (9.07%), Vitamin B2: 0.14mg (8.25%), Iron: 1.35mg (7.48%), Vitamin E: 0.84mg (5.57%), Vitamin B6: 0.04mg (2.12%), Selenium: 1.26µg (1.8%), Folate: 6.77µg (1.69%), Phosphorus: 16.35mg (1.64%), Potassium: 53.35mg (1.52%), Manganese: 0.03mg (1.38%), Vitamin B5: 0.11mg (1.1%), Vitamin C: 0.86mg (1.04%), Fiber: 0.26g (1.03%)