



Chocolate Dipped Banana Cupcakes with Banana Buttercream

 Vegetarian

READY IN



90 min.

SERVINGS



44

CALORIES



328 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 teaspoons baking soda
- ☐ 1 teaspoon banana bakery emulsion
- ☐ 1 cup bananas ripe mashed
- ☐ 2 bananas ripe mashed

- ☐ 0.8 cup buttermilk
- ☐ 3 eggs
- ☐ 4 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 2.8 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 2.3 cups granulated sugar
- ☐ 0.5 cup heavy cream as needed plus more
- ☐ 0.5 teaspoon salt
- ☐ 9 ounces semi chocolate chips
- ☐ 0.7 can condensed milk sweetened
- ☐ 0.8 cup butter unsalted
- ☐ 1 cup butter unsalted softened 2 sticks
- ☐ 1.5 cups butter unsalted 3 sticks
- ☐ 1 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla bean paste
- ☐ 1.5 teaspoons vanilla bean paste

Equipment

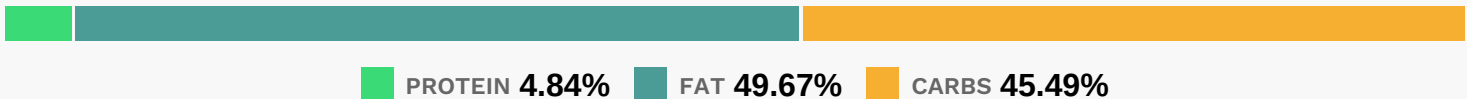
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees F. Line cupcake pans with cupcake liners (for a total of 44 cupcakes).

- ☐ For the banana cake batter: In a large bowl, mix together the sugar, butter, vanilla and eggs. In another bowl, sift together the flour, baking powder, baking soda and salt.
- ☐ Add the flour mixture to the butter mixture.
- ☐ Add the bananas and buttermilk and beat together well.
- ☐ Put the cocoa in a medium heatproof bowl, pour 2 cups boiling water over it and whisk until smooth.
- ☐ Let the mixture cool.
- ☐ Sift together the flour, baking soda, baking powder and salt in a medium bowl and set aside.
- ☐ In a large bowl, cream the butter and sugar together until light and fluffy. Beat in the eggs one at a time, and then stir in the vanilla.
- ☐ Add the flour mixture alternately with the cocoa mixture.
- ☐ Fill the cupcake liners one-third full with the banana cake batter.
- ☐ Add the dark chocolate cake batter on top, filling the liners about two-thirds full.
- ☐ Bake until an inserted toothpick comes out clean, 16 to 19 minutes. Allow the cupcakes to cool completely before frosting.
- ☐ For the ganache: Melt the chocolate chips and heavy cream in a double boiler, stirring the entire time. (Be careful not to get steam or water into your chocolate mixture, as it will seize.) Stir until completely melted and smooth.
- ☐ Add additional cream as needed a tablespoon at a time.
- ☐ For the buttercream: In a large bowl, whip the butter until light and fluffy. Gradually add the sweetened condensed milk, vanilla, banana bakery emulsion and bananas. Whip until smooth and creamy.
- ☐ Pipe the frosting onto the cupcakes.
- ☐ Drizzle with the chocolate ganache using a squeeze bottle or spoon.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:23.2, Inflammation Score:-5, Nutrition Score:6.2508695488391%

Flavonoids

Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 328.28kcal (16.41%), Fat: 18.62g (28.64%), Saturated Fat: 11.33g (70.81%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 36.54g (13.29%), Sugar: 24.05g (26.72%), Cholesterol: 67.98mg (22.66%), Sodium: 129.04mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.48mg (3.16%), Protein: 4.08g (8.17%), Manganese: 0.28mg (14.07%), Selenium: 9.45µg (13.5%), Vitamin A: 527.92IU (10.56%), Vitamin B2: 0.17mg (9.75%), Copper: 0.19mg (9.3%), Vitamin B1: 0.13mg (8.98%), Phosphorus: 88.58mg (8.86%), Folate: 34.46µg (8.62%), Iron: 1.52mg (8.43%), Fiber: 1.82g (7.28%), Magnesium: 29.01mg (7.25%), Vitamin B3: 1.06mg (5.31%), Calcium: 48.45mg (4.85%), Potassium: 154.76mg (4.42%), Zinc: 0.59mg (3.93%), Vitamin E: 0.55mg (3.69%), Vitamin D: 0.5µg (3.33%), Vitamin B5: 0.31mg (3.11%), Vitamin B6: 0.06mg (3.07%), Vitamin B12: 0.15µg (2.51%), Vitamin K: 1.89µg (1.8%), Vitamin C: 0.95mg (1.15%)