



Dotty banana fairy cakes

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 100 g sugar
- ☐ 100 g butter softened
- ☐ 140 g self raising flour
- ☐ 2 eggs
- ☐ 1 tsp vanilla extract
- ☐ 1 banana very ripe
- ☐ 140 g powdered sugar
- ☐ 100 g chocolate icing

- ☐ 12 servings food coloring red
- ☐ 1 serving frangelico
- ☐ 12 servings frangelico

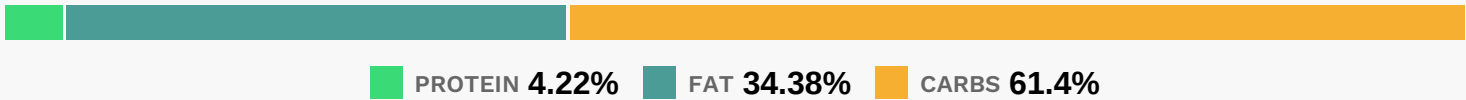
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 12-bun tin with fairy cake cases.
- ☐ Put the sugar, butter, flour, eggs, vanilla and banana in a big bowl together. Beat with an electric whisk until banana is mashed and everything mixed. Divide between the cases and bake for 20-22 mins until a skewer poked in comes out clean. Cool.
- ☐ To decorate, mix the icing sugar with enough water to be spoonable, but not too runny or it will dribble off the cakes.
- ☐ Spread some over each cake. Knead some food colouring into the regal icing to make a bright red colour.
- ☐ Roll 12 different-size balls, dip one side or the top of each in some sprinkles and stick one on each cake.

Nutrition Facts



Properties

Glycemic Index:23.74, Glycemic Load:14.82, Inflammation Score:-2, Nutrition Score:2.5326086956522%

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: 234.41kcal (11.72%), Fat: 9.06g (13.94%), Saturated Fat: 4.8g (30%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 35.87g (13.04%), Sugar: 26.3g (29.22%), Cholesterol: 45.2mg (15.07%), Sodium: 80.01mg (3.48%), Alcohol: 0.12g (100%), Alcohol %: 0.23% (100%), Protein: 2.5g (5%), Selenium: 7.19µg (10.28%), Manganese: 0.12mg (6.13%), Vitamin A: 254.38IU (5.09%), Vitamin B2: 0.08mg (4.7%), Phosphorus: 31.52mg (3.15%), Vitamin E: 0.45mg (3.03%), Vitamin B6: 0.05mg (2.66%), Folate: 10.18µg (2.55%), Fiber: 0.54g (2.14%), Vitamin B5: 0.21mg (2.1%), Copper: 0.04mg (1.79%), Potassium: 62.74mg (1.79%), Magnesium: 6.74mg (1.69%), Vitamin K: 1.77µg (1.69%), Iron: 0.29mg (1.59%), Zinc: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.32%), Vitamin B1: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.05%), Vitamin C: 0.86mg (1.04%)