



Easy Hummingbird Cake Cupcakes

READY IN



84 min.

SERVINGS



36

CALORIES



207 kcal

DESSERT

Ingredients

- 1 cup fully bananas ripe mashed (3)
- 32 oz ready-to-spread cream cheese frosting
- 1 cup planters pecans divided chopped
- 15.2 oz pineapple in juice crushed drained canned
- 1 pkg spice cake mix (2-layer size)
- 2 tsp vanilla
- 2 cups cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package.
- Add pineapple, bananas, 1/2 cup nuts and vanilla; mix well. Spoon into 36 paper-lined muffin cups.
- Bake 21 to 24 min. or until toothpick inserted in centers comes out clean. Cool cupcakes in pan 10 min.
- Remove to wire racks; cool completely.
- Spoon frosting into medium bowl.
- Add COOL WHIP; whisk until blended.
- Spread onto cupcakes; sprinkle with remaining nuts.

Nutrition Facts



PROTEIN 2.15% **FAT 37.73%** **CARBS 60.12%**

Properties

Glycemic Index:1.8, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:2.4952174237241%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 207.23kcal (10.36%), Fat: 8.89g (13.68%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 31.11g (11.31%), Sugar: 26.04g (28.94%), Cholesterol: 0.08mg (0.03%), Sodium: 145.67mg (6.33%), Alcohol: 0.08g (100%), Alcohol %: 0.16% (100%), Protein: 1.14g (2.28%), Manganese: 0.22mg (10.93%), Vitamin B1: 0.08mg (5.42%), Iron: 0.83mg (4.63%), Phosphorus: 45.68mg (4.57%), Copper: 0.09mg (4.5%), Fiber: 0.77g (3.09%), Potassium: 103.38mg (2.95%), Vitamin B2: 0.05mg (2.89%), Magnesium: 10.09mg (2.52%), Folate: 9.49µg (2.37%), Vitamin B3: 0.47mg (2.34%), Calcium: 21.29mg (2.13%), Vitamin C: 1.55mg (1.87%), Vitamin B6: 0.04mg (1.84%), Zinc: 0.2mg (1.36%), Vitamin K: 1.25µg (1.19%), Selenium: 0.72µg (1.03%)