



Egg-Free Hummingbird Cupcakes

READY IN



20 min.

SERVINGS



24

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups bananas mashed
- ☐ 0.5 cup butter softened
- ☐ 3 cups cake flour
- ☐ 1 teaspoon cinnamon
- ☐ 8 ounces cream cheese light (I used)
- ☐ 1.8 cups pecans toasted chopped

- ☐ 0.5 cup pineapple crushed drained
- ☐ 0.5 teaspoon salt
- ☐ 3.8 cups confectioner's sugar
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 cup coconut or unsweetened flaked
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white
- ☐ 0.3 cup yogurt plain 2%

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ wooden spoon
- ☐ spatula
- ☐ ice cream scoop
- ☐ muffin tray

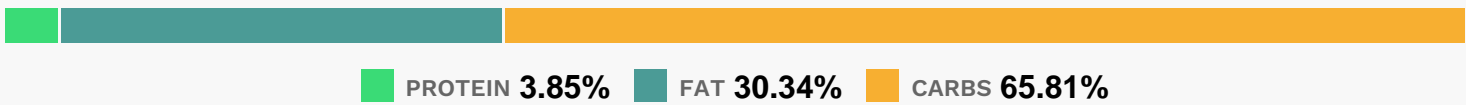
Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Line two 12 cup muffin tins with paper liners. While the oven is heating, place the pecans on a cookie sheet and toast it in the oven for 5–7 minutes, stirring it once or twice in the middle. Stay alert so that the pecans don't burn. After about 6 or 7 minutes, remove the sheet out of the oven and let the nuts cool. Coarsely chop the nuts and set aside. In a smaller bowl combine together the mashed bananas and crushed pineapple. While mashing the bananas you can add a tablespoon of water or milk to make the mashing easier. In a medium size bowl stir together the Part 3 dry ingredients and set aside. In another large bowl cream together the butter and sugar using an electric beater. Stir in the applesauce, yogurt, vanilla extract and vinegar. Beat it for another 2 minutes. The mixture will

look curdled, but don't worry about that. Now add the fruit mixture and flour mix alternately, mixing well after each addition. Do not use the mixer for this. A spatula or wooden spoon is just enough. Once the batter comes along well, stir in the coconut and 1 cup of pecans and mix until just combined. Scoop out 1/4th-1/3rd cup of batter in each muffin cup. I used a standard size ice cream scoop for this and it was perfect.

- ☐
- Bake it for 20-23 minutes or until a toothpick inserted in the middle of the cupcake comes out clean. I tested just after 20 minutes and it was done. Do not over-bake it because the cupcakes will not be moist and you will end up with dry cupcakes. Cool it completely on a wire rack before frosting.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:42.95, Inflammation Score:-2, Nutrition Score:5.5613043055586%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 396.19kcal (19.81%), Fat: 13.86g (21.32%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 67.62g (22.54%), Net Carbohydrates: 65.25g (23.73%), Sugar: 52.61g (58.45%), Cholesterol: 15.6mg (5.2%), Sodium: 170.86mg (7.43%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 3.96g (7.91%), Manganese: 0.65mg (32.46%), Selenium: 8.16µg (11.65%), Fiber: 2.37g (9.47%), Copper: 0.18mg (9.02%), Phosphorus: 69.02mg (6.9%), Magnesium: 23.93mg (5.98%), Vitamin B6: 0.11mg (5.62%), Vitamin B1: 0.08mg (5.6%), Potassium: 174.62mg (4.99%), Zinc: 0.68mg (4.52%), Vitamin B2: 0.07mg (4.21%), Vitamin A: 193.82IU (3.88%), Calcium: 35.24mg (3.52%), Folate: 13.49µg (3.37%), Iron: 0.59mg (3.29%), Vitamin B5: 0.33mg (3.25%), Vitamin C: 2.3mg (2.79%), Vitamin E: 0.36mg (2.37%), Vitamin B3: 0.43mg (2.16%), Vitamin B12: 0.1µg (1.74%)