



Eggless Chocolate Banana Split Cupcakes

READY IN



41 min.

SERVINGS



8

CALORIES



355 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.3 teaspoon baking soda
- 0.5 cup banana mashed
- 0.5 tablespoon butter melted
- 0.5 cup buttermilk
- 8 servings cherries as needed for topping
- 1.3 cups flour all-purpose
- 1 tablespoon milk
- 0.5 cup pecans toasted chopped

- 0.3 teaspoon salt
- 4 tablespoons semi-sweet chocolate chips
- 0.8 cup confectioner's sugar
- 0.5 teaspoon vanilla extract
- 0.5 cup sugar white

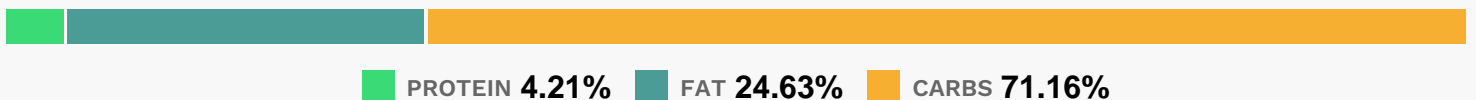
Equipment

- bowl
- oven
- wire rack
- toothpicks
- muffin tray

Directions

- Preheat the oven at 350F/180C for 15 minutes. Line a 12-cup muffin tin with paper liners. In a large bowl mix together dry ingredients and set aside. In another bowl stir together the wet ingredients.
- Add to the dry ingredients and stir until just combined. Fold in the chopped nuts. I added 2 tablespoons of milk because I felt that the batter was quite thick.
- Place a tablespoon of the batter in a muffin cup. Top it with 1/2 tablespoon of chocolate chips and fill the cup with two-thirds full of batter. Repeat the same for the remaining batter too. I got only 8 cupcakes.
- Bake the cupcakes for 20-25 minutes or a toothpick inserted in the center of the cupcake comes out clean. Mine was done in 20 minutes. Cool it on a wire rack completely before frosting. For frosting, combine all the ingredients together (and some more sugar or milk as needed) to achieve a spreading consistency. Frost cupcakes, top it with some chocolate sprinkles and a cherry.

Nutrition Facts



Properties

Glycemic Index:49.87, Glycemic Load:34.44, Inflammation Score:-3, Nutrition Score:6.6895652283793%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 354.5kcal (17.73%), Fat: 9.9g (15.23%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 62.23g (22.63%), Sugar: 45.95g (51.06%), Cholesterol: 4.21mg (1.4%), Sodium: 130.59mg (5.68%), Alcohol: 0.13g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.81g (7.61%), Manganese: 0.58mg (29%), Vitamin B1: 0.21mg (14.22%), Selenium: 8.44µg (12.05%), Copper: 0.22mg (11.04%), Folate: 40.83µg (10.21%), Vitamin B2: 0.15mg (9.07%), Iron: 1.61mg (8.95%), Fiber: 2.15g (8.59%), Magnesium: 31.33mg (7.83%), Phosphorus: 77.43mg (7.74%), Vitamin B3: 1.41mg (7.03%), Zinc: 0.73mg (4.9%), Potassium: 166.17mg (4.75%), Vitamin B6: 0.08mg (4.19%), Calcium: 33.22mg (3.32%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.09µg (1.57%), Vitamin C: 1.3mg (1.57%), Vitamin D: 0.22µg (1.44%), Vitamin A: 66.22IU (1.32%), Vitamin E: 0.2mg (1.31%)