



Elvis-Has-Died-and-Gone-to-Heaven Cupcakes

READY IN



60 min.

SERVINGS



12

CALORIES



363 kcal

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup brown sugar packed
- ☐ 2 eggs
- ☐ 2 cups banana very ripe mashed (4 medium)
- ☐ 1 teaspoon brandy

- ☐ 0.5 cup butter softened
- ☐ 2.5 cups powdered sugar
- ☐ 3 tablespoons milk
- ☐ 1 tablespoon maple syrup
- ☐ 0.5 teaspoon vanilla
- ☐ 1 serving maple syrup
- ☐ 4 slices bacon crumbled cooked

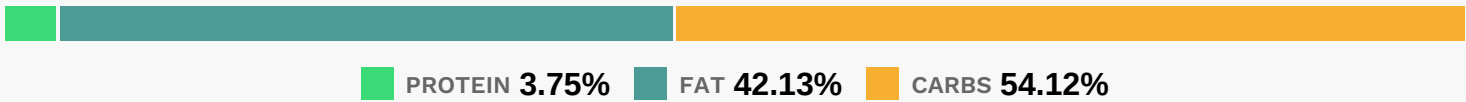
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ Make Banana Cupcakes. In medium bowl, combine flour, baking powder, baking soda and salt; set aside. In large bowl, beat melted butter, granulated sugar and brown sugar until blended. Beat in eggs, one at a time, then bananas and brandy extract. Beat in flour mixture gradually just until blended. Fill muffin cups about 3/4 full.
- ☐ Bake 25 to 30 minutes or until golden brown. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely before frosting, about 30 minutes.
- ☐ Make Maple Buttercream Frosting. In medium bowl, beat butter and powdered sugar until blended. Beat in remaining frosting ingredients until smooth. Frost cupcakes; garnish each with a drizzle of syrup, then sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:43.16, Glycemic Load:12.49, Inflammation Score:-4, Nutrition Score:5.1056521923646%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 362.52kcal (18.13%), Fat: 17.29g (26.6%), Saturated Fat: 10.39g (64.92%), Carbohydrates: 49.98g (16.66%), Net Carbohydrates: 49.05g (17.84%), Sugar: 38.37g (42.63%), Cholesterol: 71.04mg (23.68%), Sodium: 394.04mg (17.13%), Alcohol: 0.2g (100%), Alcohol %: 0.23% (100%), Protein: 3.47g (6.93%), Selenium: 7.88µg (11.25%), Manganese: 0.22mg (11.14%), Vitamin A: 535.39IU (10.71%), Vitamin B2: 0.17mg (9.94%), Vitamin B1: 0.11mg (7.51%), Folate: 28.12µg (7.03%), Phosphorus: 64.76mg (6.48%), Vitamin B6: 0.13mg (6.39%), Calcium: 63.35mg (6.33%), Vitamin B3: 1.09mg (5.44%), Iron: 0.83mg (4.63%), Potassium: 148.82mg (4.25%), Vitamin E: 0.56mg (3.73%), Fiber: 0.93g (3.73%), Magnesium: 12.89mg (3.22%), Vitamin B5: 0.31mg (3.12%), Vitamin C: 2.17mg (2.64%), Vitamin B12: 0.15µg (2.45%), Copper: 0.05mg (2.36%), Zinc: 0.35mg (2.32%), Vitamin K: 1.51µg (1.44%), Vitamin D: 0.2µg (1.32%)