



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

 Popular

READY IN



60 min.

SERVINGS



12

CALORIES



412 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups banana very ripe mashed (4 medium)
- ☐ 1 teaspoon brandy
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup butter softened
- ☐ 4 slices bacon crumbled cooked
- ☐ 2 eggs

- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon maple syrup
- ☐ 12 servings maple syrup
- ☐ 3 tablespoons milk
- ☐ 2.5 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla

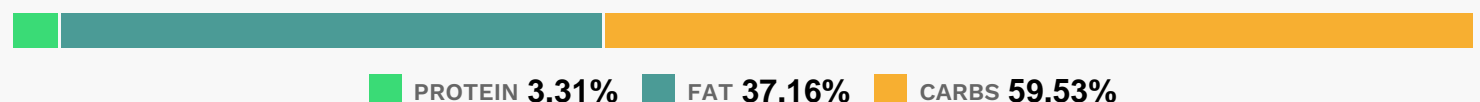
Equipment

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

Directions

- ☐ Heat oven to 350F.
- ☐ 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:17, Inflammation Score:-4, Nutrition Score:6.8786955968193%

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: 412.02kcal (20.6%), Fat: 17.29g (26.6%), Saturated Fat: 10.39g (64.92%), Carbohydrates: 62.33g (20.78%), Net Carbohydrates: 61.4g (22.33%), Sugar: 49.35g (54.84%), Cholesterol: 71.04mg (23.68%), Sodium: 395.69mg (17.2%), Alcohol: 0.2g (100%), Alcohol %: 0.2% (100%), Protein: 3.47g (6.93%), Manganese: 0.64mg (32.23%), Vitamin B2: 0.4mg (23.64%), Selenium: 7.88µg (11.25%), Vitamin A: 535.39IU (10.71%), Calcium: 83.33mg (8.33%), Vitamin B1: 0.12mg (8.32%), Folate: 28.12µg (7.03%), Phosphorus: 64.76mg (6.48%), Vitamin B6: 0.13mg (6.39%), Vitamin B3: 1.1mg (5.51%), Potassium: 190.07mg (5.43%), Iron: 0.85mg (4.74%), Magnesium: 16.74mg (4.19%), Vitamin E: 0.56mg (3.73%), Fiber: 0.93g (3.73%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.31mg (3.12%), Vitamin C: 2.17mg (2.64%), Vitamin B12: 0.15µg (2.45%), Copper: 0.05mg (2.36%), Vitamin K: 1.51µg (1.44%), Vitamin D: 0.2µg (1.32%)