



Gilbert Ganache-fried Cupcakes: Chocolate Seltzer Cupcakes with Ganache, Banana Frosting, and Caramelized Banana

READY IN



90 min.

SERVINGS



12

CALORIES



782 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon baking soda
- 1 banana ripe
- 1 teaspoon banana compound
- 2 bananas ripe sliced into 1/4-inch slices
- 0.3 cup brown sugar
- 8 ounces chocolate
- 0.3 cup cocoa

- 0.3 cup hot-brewed coffee cooled brewed
- 1 cup flour
- 0.3 cup oil
- 3.5 cups powdered sugar
- 1 tablespoon rum
- 0.3 teaspoon salt fine
- 0.8 cup seltzer water
- 4 ounces non-dairy creamer like mimiccreme (recommended: Silk)
- 0.5 cup soy milk
- 1 cup sugar
- 0.5 teaspoon vanilla extract
- 1 tablespoon vanilla extract
- 1 tablespoon non-hydrogenated vegan margarine (recommended: Earth Balance)
- 4.5 ounces non-hydrogenated vegan margarine (recommended: Earth Balance)
- 12 ounces non-hydrogenated vegetable shortening (recommended: Earth Balance)
- 1 teaspoon vinegar

Equipment

- bowl
- sauce pan
- oven
- whisk
- double boiler
- toothpicks
- stand mixer
- muffin liners
- muffin tray
- pastry bag

Directions

- For the cupcakes: Preheat the oven to 325 degrees F. Line a standard cupcake pan with 12 cupcake liners.
- Sift the sugar, flour, cocoa, baking soda, and salt into a medium bowl. Set the bowl aside. In a small bowl, whisk together the seltzer water, coffee, oil, and vanilla.
- Add the wet ingredients to the dry ingredients and whisk until just incorporated.
- Add the vinegar and incorporate. Do not over mix the batter.
- Fill the cupcake liners 3/4 full and bake until a toothpick inserted into each cupcake comes out clean, 19 minutes. Cool the cupcakes completely.
- Heat the soy creamer in a double boiler over medium heat until steaming. Do not boil. In a separate bowl, pour the hot creamer over the chocolate and let sit for 30 seconds.
- Whisk the soy creamer and chocolate until the chocolate is melted and the 2 ingredients are completely combined. The ganache should be thick, but still pourable. Set aside.
- For the frosting: In the bowl of a stand mixer, whip the shortening, margarine, and banana compound. Scrape the bottom of the bowl to ensure that all ingredients are mixed thoroughly. On low speed, slowly add the sugar a little at a time. Once the sugar is incorporated, mix on medium-high speed until all the ingredients are combined and the frosting is fluffy, about 2 minutes. Drop the whole banana into the frosting and let it mix for an additional 2 minutes, or until the banana is mashed. On low speed, add in the soy milk until incorporated, a little at a time until desired consistency is reached.
- Put the frosting into a pastry bag and cut 1/2 inch off the tip.
- In a small saucepan, melt the brown sugar and margarine on medium heat. When the sugar crystals are completely dissolved in the melted margarine, add the rum and mix.
- Add the sliced bananas and stir gently.
- Let it come to a boil and thicken to desired texture.
- Remove from the heat and let cool.
- To assemble: Dip the tops of each cupcake into the ganache so that the entire cupcake top is covered. Set aside for 10 minutes to allow the ganache to set on the cupcake. Pipe a dollop of banana frosting on top of each cupcake and garnish the top with 2 slices caramelized bananas.

Nutrition Facts



PROTEIN 1.5% FAT 56.24% CARBS 42.26%

Properties

Glycemic Index:37.54, Glycemic Load:25.22, Inflammation Score:-5, Nutrition Score:9.2739131269248%

Flavonoids

Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 781.82kcal (39.09%), Fat: 50.38g (77.51%), Saturated Fat: 13.76g (85.97%), Carbohydrates: 85.18g (28.39%), Net Carbohydrates: 82.16g (29.88%), Sugar: 70.24g (78.05%), Cholesterol: 0mg (0%), Sodium: 237.76mg (10.34%), Alcohol: 0.85g (100%), Alcohol %: 0.52% (100%), Caffeine: 19.94mg (6.65%), Protein: 3.02g (6.04%), Vitamin E: 5.52mg (36.81%), Vitamin K: 27.74µg (26.42%), Manganese: 0.35mg (17.33%), Copper: 0.26mg (12.87%), Fiber: 3.02g (12.09%), Magnesium: 44.51mg (11.13%), Vitamin A: 509.76IU (10.2%), Vitamin B2: 0.16mg (9.34%), Iron: 1.55mg (8.62%), Selenium: 5.4µg (7.71%), Vitamin B6: 0.15mg (7.54%), Folate: 29.67µg (7.42%), Potassium: 256.3mg (7.32%), Vitamin B1: 0.11mg (7.29%), Phosphorus: 70.14mg (7.01%), Vitamin B3: 1.34mg (6.68%), Zinc: 0.61mg (4.09%), Vitamin C: 3.31mg (4.01%), Vitamin B5: 0.38mg (3.77%), Calcium: 30.9mg (3.09%), Vitamin B12: 0.11µg (1.77%)