



Gina's Banana Cupcakes

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



367 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large bananas ripe peeled mashed
- ☐ 1 stick butter softened
- ☐ 2 tablespoons butter softened
- ☐ 2 cups confectioners' sugar
- ☐ 4 ounce cream cheese softened
- ☐ 2 large eggs

- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.3 teaspoon salt fine
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 2 tablespoons milk whole

Equipment

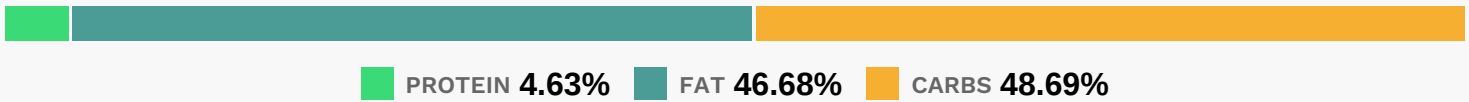
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ ice cream scoop
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 F. Line a (12-cup standard) muffin tin with paper cupcake liners.
- ☐ In a medium bowl, combine the flour, baking powder, baking soda, and salt. Set aside.
- ☐ In a large bowl, add the butter and granulated sugar. Beat with a hand-held mixer until combined.
- ☐ Add the sour cream and vanilla. Slowly beat in the eggs, one at a time. Incorporate the dry mixture and wet mixture together until thoroughly combined.
- ☐ Add the bananas and 1/2 cup walnuts, being careful not to over mix.
- ☐ Using an ice cream scoop, fill each cupcake liner three-quarters of the way full.

- ☐
- Bake in the oven until the tops turn golden-brown and a toothpick, inserted in the middle of the cupcake, comes out clean, 18 to 20 minutes.
- ☐
- Remove the cupcakes from the oven to a wire rack and let cool before frosting.
- ☐
- In a large bowl, add the cream cheese and butter. Beat together until incorporated.
- ☐
- Add the molasses and mix well. Stir in the confectioner's sugar, milk and vanilla.
- ☐
- Heavily frost the cupcakes and garnish with the remaining 1/4 cup walnuts.

Nutrition Facts



Properties

Glycemic Index:43.41, Glycemic Load:15.51, Inflammation Score:-4, Nutrition Score:6.5573912755303%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 367.22kcal (18.36%), Fat: 19.56g (30.09%), Saturated Fat: 9.23g (57.69%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 44.54g (16.2%), Sugar: 34.09g (37.88%), Cholesterol: 68.93mg (22.98%), Sodium: 233.55mg (10.15%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 4.36g (8.73%), Manganese: 0.44mg (21.97%), Selenium: 8.59µg (12.28%), Vitamin A: 515.42IU (10.31%), Vitamin B2: 0.16mg (9.42%), Folate: 36.17µg (9.04%), Copper: 0.18mg (8.81%), Vitamin B6: 0.17mg (8.64%), Vitamin B1: 0.12mg (8.24%), Phosphorus: 81.85mg (8.19%), Magnesium: 31mg (7.75%), Iron: 1.11mg (6.17%), Potassium: 211.09mg (6.03%), Fiber: 1.36g (5.44%), Calcium: 51.42mg (5.14%), Vitamin B3: 0.91mg (4.54%), Vitamin B5: 0.41mg (4.1%), Vitamin E: 0.54mg (3.61%), Zinc: 0.54mg (3.58%), Vitamin C: 2.11mg (2.56%), Vitamin B12: 0.14µg (2.31%), Vitamin K: 1.47µg (1.4%), Vitamin D: 0.19µg (1.29%)