



Gluten-Free Banana Cupcakes with Browned Butter Frosting

 Vegetarian

READY IN



70 min.

SERVINGS



17

CALORIES



208 kcal

DESSERT

Ingredients

- 1 Cups baker's chocolate
- 15 oz betty crocker's cake mix gluten free yellow
- 1 cup banana ripe mashed (2 medium)
- 0.3 cup butter melted
- 0.3 cup water
- 3 eggs beaten
- 2 teaspoons vanilla gluten-free

- 0.3 cup butter
- 3 cups powdered sugar
- 1 teaspoon vanilla
- 3 tablespoons milk

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place Reynolds Baking Cups in each of 17 regular-size muffin cups. In large bowl, stir cupcake ingredients just until dry ingredients are moistened. Spoon batter evenly into muffin cups.
- Bake 16 to 18 minutes or until toothpick inserted in center comes out clean.
- Remove from pan to cooling rack. Cool completely, about 30 minutes.
- In 1-quart saucepan, heat 1/3 cup butter over medium heat just until light brown, stirring occasionally. (Watch carefully because butter can burn quickly.)
- Remove from heat. Cool slightly, about 5 minutes.
- In medium bowl, beat butter, powdered sugar, vanilla and enough milk until smooth and spreadable.
- Spread frosting over cooled cupcakes.

Nutrition Facts

 PROTEIN 4.05%  FAT 49.39%  CARBS 46.56%

Properties

Glycemic Index:11.34, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:4.2969565676606%

Flavonoids

Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epicatechin: 11.01mg, Epicatechin: 11.01mg, Epicatechin: 11.01mg, Epicatechin: 11.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 207.68kcal (10.38%), Fat: 12.13g (18.67%), Saturated Fat: 7.39g (46.19%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 24.22g (8.81%), Sugar: 22.11g (24.56%), Cholesterol: 48.34mg (16.11%), Sodium: 71.94mg (3.13%), Alcohol: 0.24g (100%), Alcohol %: 0.35% (100%), Caffeine: 6.21mg (2.07%), Protein: 2.24g (4.48%), Manganese: 0.35mg (17.61%), Copper: 0.27mg (13.31%), Iron: 1.53mg (8.47%), Magnesium: 29.33mg (7.33%), Fiber: 1.52g (6.07%), Zinc: 0.88mg (5.89%), Vitamin A: 274.32IU (5.49%), Phosphorus: 53.23mg (5.32%), Selenium: 3.37µg (4.81%), Vitamin B2: 0.06mg (3.59%), Potassium: 114.33mg (3.27%), Vitamin B6: 0.05mg (2.49%), Vitamin E: 0.33mg (2.2%), Folate: 7.86µg (1.96%), Calcium: 18.45mg (1.85%), Vitamin B5: 0.18mg (1.81%), Vitamin B12: 0.1µg (1.64%), Vitamin K: 1.45µg (1.38%), Vitamin B1: 0.02mg (1.28%), Vitamin D: 0.18µg (1.23%)