



Gluten-Free Banana Cupcakes with Browned Butter Frosting

 Vegetarian

READY IN



70 min.

SERVINGS



17

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 1 cup banana ripe mashed (2 medium)
- ☐ 0.3 cup butter
- ☐ 0.3 cup butter melted
- ☐ 3 eggs beaten
- ☐ 3 tablespoons milk
- ☐ 1 Cups baking mix
- ☐ 3 cups powdered sugar

- ☐ 1 teaspoon vanilla
- ☐ 2 teaspoons vanilla gluten-free
- ☐ 0.3 cup water
- ☐ 15 oz betty crocker's cake mix gluten free yellow

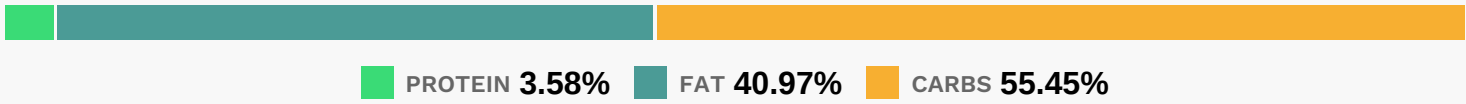
Equipment

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

Directions

- ☐ Heat oven to 350F.
- ☐ 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



Properties

Glycemic Index:11.34, Glycemic Load:1.03, Inflammation Score:-2, Nutrition Score:2.473043459913%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg 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: 198.99kcal (9.95%), Fat: 9.16g (14.09%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 27.51g (10%), Sugar: 22.86g (25.4%), Cholesterol: 48.48mg (16.16%), Sodium: 160.15mg (6.96%), Alcohol: 0.24g (100%), Alcohol %: 0.35% (100%), Protein: 1.8g (3.6%), Phosphorus: 63.46mg (6.35%), Vitamin A: 274.61IU (5.49%), Vitamin B2: 0.08mg (4.95%), Selenium: 3.27µg (4.67%), Folate: 14.5µg (3.63%), Vitamin B1: 0.05mg (3.23%), Vitamin B6: 0.05mg (2.65%), Manganese: 0.05mg (2.63%), Calcium: 23.25mg (2.32%), Vitamin B5: 0.23mg (2.31%), Vitamin B12: 0.13µg (2.1%), Vitamin E: 0.31mg (2.05%), Iron: 0.37mg (2.05%), Vitamin B3: 0.39mg (1.97%), Potassium: 61.38mg (1.75%), Fiber: 0.38g (1.51%), Magnesium: 5.71mg (1.43%), Copper: 0.03mg (1.31%), Vitamin D: 0.18µg (1.23%), Zinc: 0.18mg (1.19%), Vitamin K: 1.16µg (1.1%)