



King Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



311 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup banana ripe mashed (1)
- 0.3 cup butter softened
- 3 tablespoons butter softened
- 0.3 cup creamy peanut butter
- 3 tablespoons dry-roasted peanuts unsalted chopped
- 0.5 cup egg substitute
- 7.8 ounces flour all-purpose
- 1 cup granulated sugar

- 0.5 cup milk 1% low-fat
- 1.5 cups powdered sugar
- 0.3 teaspoon salt
- 1 Dash salt
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract

Equipment

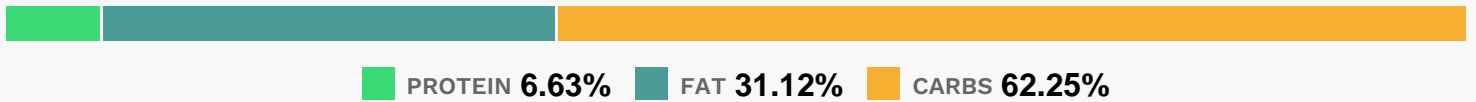
- bowl
- oven
- knife
- whisk
- wire rack
- blender
- toothpicks
- muffin liners
- measuring cup
- muffin tray

Directions

- Preheat oven to 35
- To prepare cupcakes, place 1/4 cup butter and granulated sugar in a large bowl; beat with a mixer at medium speed until blended.
- Add egg substitute; beat well.
- Add banana and 1 teaspoon vanilla; beat 1 minute.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and 1/4 teaspoon salt in a bowl; stir with a whisk.
- Add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture.

- Line 12 muffin cups with paper liners; fill cups with batter.
- Bake at 350 for 20 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes on wire rack; remove from muffin tin, and cool completely on a wire rack.
- To prepare frosting, combine cream cheese, peanut butter, and 3 tablespoons butter in a medium bowl; beat until light and fluffy.
- Add powdered sugar, 1/2 teaspoon vanilla, and dash of salt.
- Spread frosting evenly over cupcakes; sprinkle evenly with peanuts.

Nutrition Facts



Properties

Glycemic Index:33.82, Glycemic Load:22.65, Inflammation Score:-3, Nutrition Score:6.0291304873384%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 310.94kcal (15.55%), Fat: 10.99g (16.91%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 48.33g (17.58%), Sugar: 33.44g (37.15%), Cholesterol: 18.18mg (6.06%), Sodium: 198.48mg (8.63%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 5.27g (10.54%), Selenium: 11.29µg (16.12%), Manganese: 0.28mg (14.14%), Vitamin B1: 0.18mg (11.94%), Vitamin B3: 2.24mg (11.21%), Folate: 44.57µg (11.14%), Vitamin B2: 0.17mg (9.94%), Phosphorus: 75.68mg (7.57%), Iron: 1.27mg (7.06%), Vitamin E: 0.86mg (5.73%), Magnesium: 22mg (5.5%), Vitamin A: 251.42IU (5.03%), Calcium: 49.85mg (4.98%), Fiber: 1.14g (4.55%), Vitamin B5: 0.4mg (4.04%), Vitamin B6: 0.08mg (4.04%), Potassium: 132.04mg (3.77%), Copper: 0.08mg (3.76%), Zinc: 0.48mg (3.17%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.27µg (1.79%)