



Pecan Banana Cupcakes

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



315 kcal

DESSERT

Ingredients

- 0.3 cup apple sauce
- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 3 cups bananas ripe mashed
- 1 cup brown sugar
- 0.5 cup butter softened
- 0.5 cup canola oil
- 4 cups confectioners' sugar

- 8 ounce cream cheese softened
- 2 eggs
- 2 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup sugar white

Equipment

- bowl
- oven
- wire rack
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place muffin liners into two 12-cup muffin tins.
- Beat 1/2 cup butter and 1 package cream cheese together in a bowl until creamy and smooth; slowly beat in brown sugar and white sugar until light and fluffy.
- Add eggs, one at a time, until fully incorporated. Stir in canola oil and applesauce; mix well.
- Mix in flour, baking soda, baking powder, cinnamon, and salt until just combined. Stir in bananas and 1 teaspoon vanilla extract; fold in pecans. Fill muffin liners 2/3 full with batter.
- Bake in the preheated oven until a toothpick inserted in the center of a cupcake comes out clean, 28 to 33 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
- Beat 1/2 cup butter and 1 package cream cheese together in a bowl until creamy; mix in confectioners' sugar and 2 teaspoons vanilla extract until frosting is smooth. Frost the cooled

cupcakes.

Nutrition Facts

PROTEIN 3.47% **FAT 32.92%** **CARBS 63.61%**

Properties

Glycemic Index:15.99, Glycemic Load:13.89, Inflammation Score:-3, Nutrition Score:4.8939129995263%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 314.56kcal (15.73%), Fat: 11.84g (18.21%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 50.03g (18.19%), Sugar: 40g (44.45%), Cholesterol: 33.35mg (11.12%), Sodium: 243.85mg (10.6%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 2.81g (5.62%), Manganese: 0.4mg (19.76%), Selenium: 6.18µg (8.83%), Vitamin B1: 0.12mg (8.16%), Vitamin B2: 0.12mg (6.94%), Folate: 26.74µg (6.69%), Fiber: 1.42g (5.68%), Vitamin A: 281.4IU (5.63%), Phosphorus: 54.53mg (5.45%), Vitamin B6: 0.1mg (4.99%), Calcium: 49.05mg (4.91%), Iron: 0.88mg (4.87%), Copper: 0.1mg (4.86%), Vitamin B3: 0.82mg (4.12%), Magnesium: 15.49mg (3.87%), Potassium: 132.83mg (3.8%), Vitamin E: 0.49mg (3.3%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.28mg (2.78%), Vitamin C: 1.73mg (2.09%), Vitamin K: 1.61µg (1.53%), Vitamin B12: 0.06µg (1.02%)