



Plantain Cake with Avocado Buttercream

 Vegetarian

READY IN



52 min.

SERVINGS



24

CALORIES



484 kcal

DESSERT

Ingredients

- ☐ 2 avocados ripe
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2.8 cups cake flour
- ☐ 4 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup warm milk
- ☐ 1 plantains
- ☐ 1 plantains black very ripe mostly

- ☐ 7 cups powdered sugar divided
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 2 cups caster sugar
- ☐ 24 servings sugar as needed
- ☐ 0.5 cup butter unsalted
- ☐ 1 cup butter unsalted
- ☐ 1 tablespoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract

Equipment

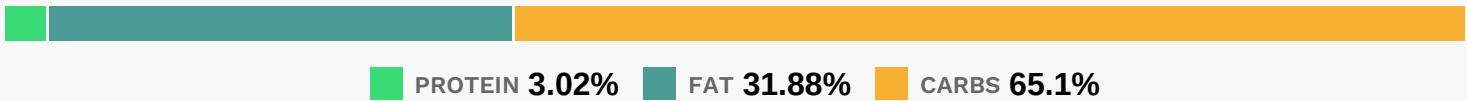
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 325 degrees F. Line a 24 count regular-size cupcake pan with cupcake liners. In a heavy-duty mixing bowl, cream together the butter and shortening on medium speed.

- ☐ Add the eggs, 1 at a time, until completely combined. Scrape down the sides of the bowl with a rubber spatula.
- ☐ Add the superfine sugar with the mixer set to low speed. Once combined, set the mixer to medium speed and mix for 5 minutes. Sift together the cake flour, cinnamon, salt, and baking powder. Begin to add the sifted dry ingredients to the batter, alternating with the warm milk. In a separate bowl, blend the plantain with a hand mixer.
- ☐ Add the vanilla and the blended plantain to the batter. Fill the cupcake liners almost to the top.
- ☐ Bake until the cake bounces back when you touch it, about 25 minutes.
- ☐ Remove from the pan and place onto a tray to cool. Using a pastry bag and piping tip, frost the cupcakes with the Avocado Buttercream and top with 1 plantain chip.
- ☐ In a heavy-duty mixing bowl, cream the butter until light and fluffy.
- ☐ Add 3 cups powdered sugar. Scrape down the sides of the bowl with a rubber spatula. In a food processor, blend the avocados until smooth and add into the buttercream. Then add the remaining 4 cups powdered sugar.
- ☐ Preheat the oven to 325 degrees F. Thinly slice the plantain, place on a baking sheet, and sprinkle with sugar.
- ☐ Bake until the chips have browned completely, about 7 minutes.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:27.17, Inflammation Score:-4, Nutrition Score:5.6469564956167%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 484.49kcal (24.22%), Fat: 17.61g (27.09%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 80.87g (26.96%), Net Carbohydrates: 79.13g (28.77%), Sugar: 66.23g (73.59%), Cholesterol: 62.72mg (20.91%), Sodium: 146.13mg (6.35%), Alcohol: 0.27g (100%), Alcohol %: 0.24% (100%), Protein: 3.75g (7.5%), Selenium: 9.25µg (13.22%), Vitamin A: 609.44IU (12.19%), Vitamin K: 10.05µg (9.58%), Manganese: 0.17mg (8.69%), Fiber: 1.74g

(6.97%), Phosphorus: 68.58mg (6.86%), Vitamin B2: 0.11mg (6.56%), Folate: 25.92µg (6.48%), Vitamin E: 0.96mg (6.38%), Potassium: 201.1mg (5.75%), Calcium: 55.77mg (5.58%), Vitamin B5: 0.54mg (5.36%), Vitamin C: 4.42mg (5.36%), Vitamin B6: 0.11mg (5.28%), Magnesium: 16.57mg (4.14%), Copper: 0.08mg (4.13%), Vitamin D: 0.49µg (3.28%), Iron: 0.55mg (3.05%), Zinc: 0.43mg (2.85%), Vitamin B3: 0.56mg (2.81%), Vitamin B1: 0.04mg (2.81%), Vitamin B12: 0.15µg (2.55%)