



Tropical Banana Cupcakes

 Vegetarian

READY IN



68 min.

SERVINGS



1

CALORIES



3434 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.3 cups bananas mashed
- 4 tablespoons butter melted
- 8 ounce pineapple crushed drained canned
- 0.7 cup coconut flakes toasted
- 2 large eggs
- 2 cups flour all-purpose
- 0.8 cup macadamia nuts toasted chopped

- 2 teaspoons orange zest
- 0.5 teaspoon salt
- 0.8 cup sugar

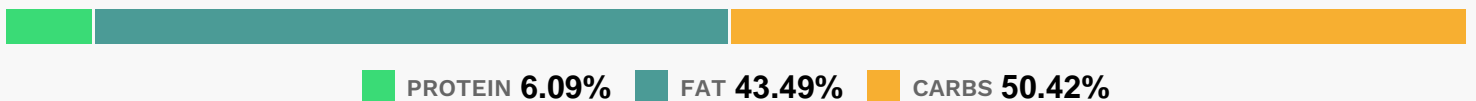
Equipment

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

Directions

- Preheat oven to 35
- Line a 12-cup muffin pan with paper baking cups.
- Combine first 5 ingredients in a large bowl, stirring well.
- Whisk eggs with butter and orange zest in a separate large bowl. Stir in pineapple and bananas.
- Add egg mixture to flour mixture, stirring until well blended.
- Pour batter evenly into prepared cups.
- Bake 20 minutes or until toothpick inserted in center of cupcakes comes out clean. Cool in pans 5 minutes, and then place on wire rack to cool completely.
- Spread Cream Cheese Frosting over cupcakes.
- Sprinkle evenly with coconut flakes.

Nutrition Facts



Properties

Glycemic Index:259.87, Glycemic Load:264.02, Inflammation Score:-10, Nutrition Score:64.181739102239%

Flavonoids

Catechin: 11.44mg, Catechin: 11.44mg, Catechin: 11.44mg, Catechin: 11.44mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 3434.44kcal (171.72%), Fat: 171.45g (263.77%), Saturated Fat: 77.08g (481.72%), Carbohydrates: 447.26g (149.09%), Net Carbohydrates: 414.38g (150.68%), Sugar: 214.75g (238.61%), Cholesterol: 492.4mg (164.13%), Sodium: 2795.97mg (121.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.01g (108.02%), Manganese: 7.96mg (397.77%), Vitamin B1: 3.53mg (235.64%), Selenium: 133.84µg (191.21%), Folate: 572.37µg (143.09%), Fiber: 32.88g (131.51%), Vitamin B2: 2.15mg (126.3%), Iron: 20.19mg (112.17%), Copper: 2.05mg (102.34%), Vitamin B3: 19.61mg (98.06%), Phosphorus: 845.08mg (84.51%), Magnesium: 335.32mg (83.83%), Vitamin B6: 1.59mg (79.67%), Potassium: 2060.68mg (58.88%), Vitamin C: 45.13mg (54.7%), Vitamin B5: 4.55mg (45.51%), Vitamin A: 2189.64IU (43.79%), Zinc: 6.07mg (40.48%), Calcium: 261.42mg (26.14%), Vitamin E: 3.53mg (23.56%), Vitamin B12: 0.99µg (16.42%), Vitamin D: 2µg (13.33%), Vitamin K: 7.67µg (7.3%)