

Marshmallow-Filled Banana Cupcakes

Monique Caron - Buxton, ME
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Yield: 18 cupcakes

3/4 cup shortening
1 1/2 cups sugar
2 eggs
1 cup (2 medium) ripe bananas, mashed
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1/4 cup buttermilk
FILLING
1 cup butter, softened
2 cups marshmallow creme
1 1/2 cups confectioner's sugar
confectioner's sugar (for dusting)

Preparation Time: 40 minutes

Bake: 20 minutes

Preheat the oven to 375 degrees.

Line 18 muffin cups with paper or foil liners.

In a large bowl, cream the shortening and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the bananas and vanilla.

In another bowl, whisk the flour, baking soda and salt. Add to the creamed mixture alternately with the buttermilk, beating well after each addition.

Fill the prepared cups two-thirds full. Bake for 18 to 22 minutes or until a toothpick inserted in the center comes out clean. Cool in the pans for 10 minutes before removing to wire racks to cool completely.

For the filling, in a large bowl beat the butter, marshmallow creme and confectioner's sugar until smooth. Using a sharp knife, cut a one-inch circle, one-inch deep, in the top of each cupcake. Carefully remove the cut portion and set aside. Fill the cavity with about one teaspoon of filling. Replace the tops, pressing down lightly.

Dollop or pipe the remaining filling over the tops. Dust with confectioner's sugar.

Per Serving (excluding unknown items): 5942 Calories; 351g Fat (52.4% calories from fat); 42g Protein; 675g Carbohydrate; 7g Dietary Fiber; 923mg Cholesterol; 3879mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 68 1/2 Fat; 32 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5942	Vitamin B6 (mg):	.3mg
% Calories from Fat:	52.4%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	44.8%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	351g	Folacin (mcg):	442mcg
Saturated Fat (g):	157g	Niacin (mg):	15mg
Monounsaturated Fat (g):	126g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	49g	Alcohol (kcal):	13
Cholesterol (mg):	923mg	% Refused:	0 0%
Carbohydrate (g):	675g		
Dietary Fiber (g):	7g		
Protein (g):	42g		
Sodium (mg):	3879mg		
Potassium (mg):	563mg		
Calcium (mg):	224mg		
Iron (mg):	14mg		
Zinc (mg):	3mg		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	7444IU		
Vitamin A (r.e.):	1862RE		

Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	68 1/2
Other Carbohydrates:	32

Nutrition Facts

Amount Per Serving

Calories 5942 **Calories from Fat:** 3113

% Daily Values*

Total Fat	351g	540%
Saturated Fat	157g	784%
Cholesterol	923mg	308%
Sodium	3879mg	162%
Total Carbohydrates	675g	225%
Dietary Fiber	7g	27%
Protein	42g	
Vitamin A		149%
Vitamin C		1%
Calcium		22%
Iron		78%

* Percent Daily Values are based on a 2000 calorie diet.