



Almond Banana Chocolate Muffins

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



12

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup california almonds divided sliced
- 1 medium banana diced
- 14 ounce banana bread and muffin mix such as the pillsbury® brand quick
- 0.3 cup cinnamon-flavored applesauce
- 2 eggs
- 0.8 cup semi-sweet chocolate chips dark chopped
- 0.3 cup vegetable oil
- 1 cup water

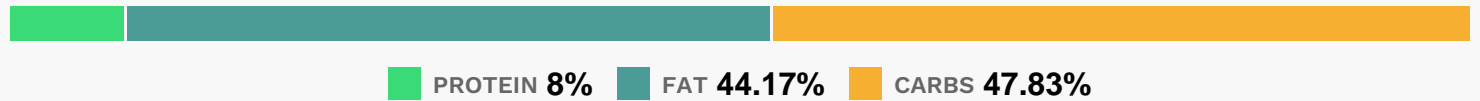
Equipment

- oven
- muffin liners
- muffin tray

Directions

- Preheat oven to 400 degrees F. Prepare a muffin tin with paper liners.
- Prepare muffins according to package instructions using water, eggs and oil, but use only 1/4 cup oil instead of 1/2 cup, and add 1/4 cup applesauce. Stir in banana, 3/4 cup almonds and chocolate. Divide evenly among muffin cups and sprinkle with remaining 1/4 cup almonds.
- Bake 15–20 minutes, until a tester comes out clean. Cool muffin tin on a rack for 10 minutes, then remove muffins and continue cooling on rack. Store air tight at room temperature for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:11.253478107245%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 333.87kcal (16.69%), Fat: 16.65g (25.62%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 34.14g (12.42%), Sugar: 20.04g (22.27%), Cholesterol: 27.94mg (9.31%), Sodium: 160.72mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.41mg (3.14%), Protein: 6.79g (13.57%), Manganese: 1.31mg (65.34%), Fiber: 6.42g (25.67%), Vitamin E: 3.69mg (24.59%), Vitamin A: 959.03IU (19.18%),

Copper: 0.29mg (14.6%), Magnesium: 58.11mg (14.53%), Iron: 2.53mg (14.07%), Calcium: 116.57mg (11.66%), Vitamin B2: 0.18mg (10.82%), Phosphorus: 105.59mg (10.56%), Vitamin K: 10.75µg (10.24%), Potassium: 215.93mg (6.17%), Zinc: 0.86mg (5.75%), Selenium: 3.91µg (5.59%), Vitamin B6: 0.08mg (3.82%), Vitamin B3: 0.66mg (3.3%), Vitamin C: 2.43mg (2.95%), Folate: 10.95µg (2.74%), Vitamin B5: 0.25mg (2.52%), Vitamin B1: 0.04mg (2.33%), Vitamin B12: 0.09µg (1.42%)