



Avocado Banana and Walnut Muffins

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup avocado from mexico mashed
- 1 teaspoon baking soda
- 0.5 cup bananas ripe mashed
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 cup milk low-fat
- 1 teaspoon salt
- 0.8 cup sugar

0.5 cup walnuts chopped

Equipment

bowl

oven

whisk

toothpicks

muffin tray

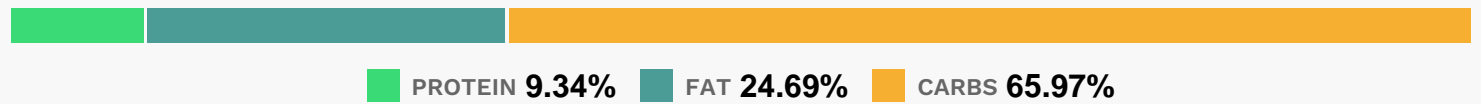
Directions

Heat oven to 375 degrees F. Grease 12 muffin tin wells or line with paper cups.

In a large bowl, mix avocado, bananas, eggs and milk. In a separate bowl, whisk or sift together flour, sugar, baking soda and salt. Stir into avocado mixture; do not over-mix. Stir in walnuts.

Spoon batter into prepared muffin tin; bake 15 to 20 minutes or until tops start to brown and a toothpick inserted into a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.66, Glycemic Load:21.03, Inflammation Score:-3, Nutrition Score:5.8856521585713%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 187.55kcal (9.38%), Fat: 5.25g (8.07%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 30.07g (10.94%), Sugar: 13.98g (15.53%), Cholesterol: 31.49mg (10.5%), Sodium: 301.8mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Manganese: 0.34mg (16.89%), Selenium: 10.23µg (14.61%), Folate: 53.33µg (13.33%), Vitamin B1: 0.2mg (13.02%), Vitamin B2: 0.18mg (10.42%), Iron: 1.31mg (7.29%),

Vitamin B3: 1.45mg (7.26%), Phosphorus: 70.62mg (7.06%), Copper: 0.13mg (6.57%), Fiber: 1.47g (5.88%), Vitamin B6: 0.09mg (4.72%), Magnesium: 17.97mg (4.49%), Vitamin B5: 0.39mg (3.9%), Potassium: 123.9mg (3.54%), Zinc: 0.5mg (3.32%), Calcium: 26.27mg (2.63%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.27µg (1.83%), Vitamin E: 0.27mg (1.81%), Vitamin A: 78.37IU (1.57%), Vitamin K: 1.57µg (1.5%), Vitamin C: 1.23mg (1.49%)