



Banana Blueberry Muffins



Vegetarian



Dairy Free

READY IN



31 min.

SERVINGS



12

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups bananas mashed
- ☐ 1 cup blueberries fresh
- ☐ 0.3 cup brown sugar
- ☐ 4 egg whites
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla extract

☐ 2 cups flour whole wheat

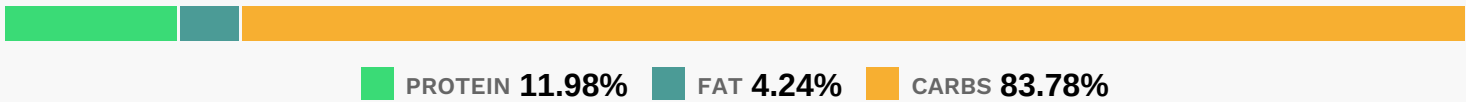
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 12 cup muffin pan.
- ☐ In a large bowl, mix the whole wheat flour, brown sugar, cinnamon, baking powder, and baking soda. In a separate bowl, mix the bananas, egg whites, and vanilla extract.
- ☐ Mix the banana mixture into the flour mixture until smooth. Fold in the blueberries. Spoon the batter into the prepared muffin pan.
- ☐ Bake 16 minutes in the preheated oven, or until a toothpick inserted in the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:15.98, Glycemic Load:3.88, Inflammation Score:-3, Nutrition Score:7.5021739744622%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 130kcal (6.5%), Fat: 0.65g (1%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 25.74g (9.36%), Sugar: 10.78g (11.98%), Cholesterol: 0mg (0%), Sodium: 181.02mg (7.87%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 4.14g (8.28%), Manganese: 0.95mg (47.56%), Selenium: 14.73µg (21.05%), Fiber: 3.21g (12.85%), Vitamin B6: 0.19mg (9.71%), Phosphorus: 95.49mg (9.55%), Magnesium: 37.65mg (9.41%), Vitamin B1: 0.11mg (7.61%), Vitamin B3: 1.25mg (6.25%), Vitamin B2: 0.1mg (6.05%), Potassium: 208.2mg (5.95%), Copper: 0.12mg (5.84%), Calcium: 54.76mg (5.48%), Iron: 0.96mg (5.33%), Vitamin C: 3.65mg (4.42%), Zinc: 0.59mg (3.92%), Folate: 15.63µg (3.91%), Vitamin K: 2.93µg (2.79%), Vitamin B5: 0.26mg (2.57%), Vitamin E: 0.24mg (1.62%)