



Banana-Blueberry Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup banana very ripe mashed (1 medium)
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup sugar
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon nutmeg

☐ 1 cup blueberries fresh thawed drained well (and)

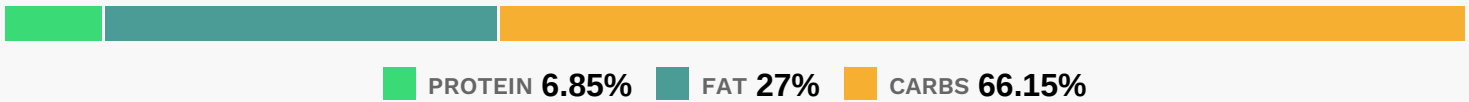
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cup or line with paper baking cups.
- ☐ Beat milk, oil, banana and egg in large bowl with fork. Stir in remaining ingredients except blueberries just until flour is moistened. Fold in blueberries. Divide batter evenly among muffin cups (cups will be almost full).
- ☐ Sprinkle with sugar if desired.
- ☐ Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:36.66, Glycemic Load:21.01, Inflammation Score:-2, Nutrition Score:5.1608695206435%

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: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg 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: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 185.39kcal (9.27%), Fat: 5.64g (8.68%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 30.06g (10.93%), Sugar: 13.81g (15.35%), Cholesterol: 15.27mg (5.09%), Sodium: 99.41mg (4.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Selenium: 8.59µg (12.27%), Vitamin B1: 0.18mg (11.95%), Folate: 41.87µg (10.47%), Vitamin K: 10.88µg (10.36%), Manganese: 0.2mg (10.19%), Vitamin B2: 0.15mg (8.83%), Calcium: 72.06mg (7.21%), Vitamin B3: 1.34mg (6.7%), Iron: 1.18mg (6.56%), Phosphorus: 64.65mg (6.47%), Fiber: 1.03g (4.13%), Vitamin E: 0.51mg (3.37%), Vitamin B6: 0.05mg (2.65%), Magnesium: 9.38mg (2.34%), Vitamin B5: 0.23mg (2.34%), Copper: 0.05mg (2.3%), Potassium: 80.09mg (2.29%), Vitamin C: 1.74mg (2.11%), Zinc: 0.28mg (1.87%), Vitamin B12: 0.11µg (1.76%), Vitamin D: 0.22µg (1.48%), Vitamin A: 52.46IU (1.05%)