



## Banana Bran Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 banana mashed
- 0.5 cup brown sugar
- 0.5 cup butter softened
- 2 eggs
- 1.5 cups flour all-purpose
- 0.3 cup milk

- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 0.5 cup wheat bran

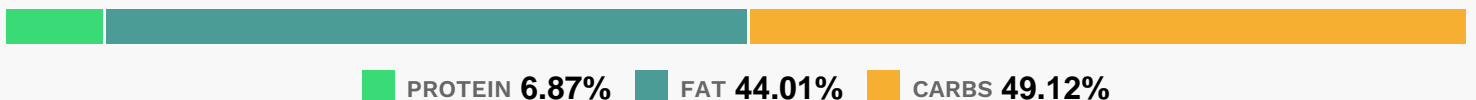
## Equipment

- oven
- mixing bowl
- wire rack
- toothpicks
- muffin liners
- muffin tray

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a muffin pan or line with paper muffin liners.
- In a large mixing bowl, cream butter and brown sugar together until fluffy.
- Add bananas, milk, vanilla and eggs; mix well. Stir in flour, bran, baking powder, soda and salt; blend just until moistened. Stir in walnuts.
- Pour batter into prepared muffin cups.
- Bake at 375 degrees F (190 degrees C) for 20 to 25 minutes or until a toothpick inserted into the center of a muffin comes out clean. Cool in the cups for 5 minutes, then remove muffins and place on a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:30.98, Glycemic Load:12.36, Inflammation Score:-4, Nutrition Score:7.6373912925306%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 237.56kcal (11.88%), Fat: 12.06g (18.56%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 27.75g (10.09%), Sugar: 12.99g (14.43%), Cholesterol: 48.23mg (16.08%), Sodium: 251.49mg (10.93%), Alcohol: 0.1g (100%), Alcohol %: 0.17% (100%), Protein: 4.24g (8.47%), Manganese: 0.64mg (31.98%), Selenium: 10.26µg (14.66%), Folate: 45µg (11.25%), Vitamin B1: 0.17mg (11.16%), Fiber: 2.55g (10.2%), Vitamin B2: 0.16mg (9.65%), Vitamin B6: 0.19mg (9.62%), Phosphorus: 94.25mg (9.43%), Magnesium: 36.51mg (9.13%), Iron: 1.43mg (7.96%), Copper: 0.16mg (7.85%), Vitamin B3: 1.53mg (7.64%), Vitamin A: 304.27IU (6.09%), Potassium: 205.12mg (5.86%), Calcium: 50.25mg (5.03%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.4mg (4.01%), Vitamin C: 2.63mg (3.19%), Vitamin E: 0.41mg (2.72%), Vitamin B12: 0.11µg (1.81%), Vitamin D: 0.2µg (1.35%), Vitamin K: 1.07µg (1.02%)