



## Banana Chip Muffins I

READY IN



35 min.

SERVINGS



12

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup bananas mashed
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar white

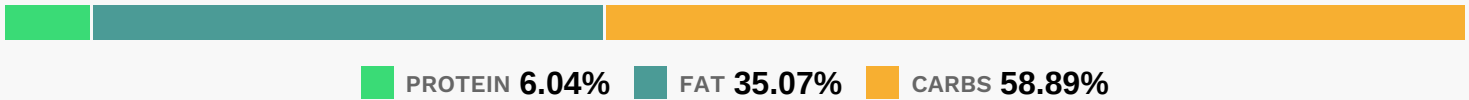
# Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

# Directions

- ☐ Measure flour, sugar, baking powder, salt, and chocolate chips into a large bowl.
- ☐ Mix thoroughly, and make a well in the center.
- ☐ Beat the egg in a small bowl until frothy.
- ☐ Mix in cooking oil, milk, and bananas.
- ☐ Pour mixture into the well. Stir only to moisten. Batter will be lumpy. Fill greased muffin cups 3/4 full.
- ☐ Bake at 400 degrees F (205 degrees C) for 20 to 25 minutes.

# Nutrition Facts



# Properties

Glycemic Index:27.49, Glycemic Load:18.3, Inflammation Score:-2, Nutrition Score:5.803478323895%

# Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 207.52kcal (10.38%), Fat: 8.19g (12.61%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 29.38g (10.68%), Sugar: 13.66g (15.18%), Cholesterol: 14.7mg (4.9%), Sodium: 211.42mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.18g (6.35%), Manganese: 0.28mg (13.81%), Selenium: 8.27µg (11.82%), Vitamin B1: 0.16mg (10.37%), Folate: 38.83µg (9.71%), Vitamin K: 9.07µg (8.64%), Iron: 1.55mg (8.6%), Vitamin B2: 0.13mg (7.81%), Phosphorus: 77.62mg (7.76%), Calcium: 75.53mg (7.55%), Copper: 0.14mg (6.9%), Vitamin B3: 1.27mg (6.36%), Fiber: 1.58g (6.33%), Magnesium: 23.6mg (5.9%), Vitamin B6: 0.09mg (4.44%), Potassium: 142.23mg (4.06%), Vitamin E: 0.49mg (3.24%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.24mg

(2.4%), Vitamin C: 1.63mg (1.98%), Vitamin B12: 0.07μg (1.23%)