



Banana Chip Muffins II

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 2 egg whites
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup semi chocolate chips
- ☐ 0.8 cup sugar white

Equipment

- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Coat a 12 cup muffin tin with nonstick spray.
- ☐ Whisk together flour, baking powder, soda, cinnamon, salt, and sugar.
- ☐ Mix in egg whites, applesauce, and banana mash until just moistened. Stir in chocolate chips. Divide batter into muffin cups.
- ☐ Bake for 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:24.74, Glycemic Load:19.53, Inflammation Score:-2, Nutrition Score:4.5269565387912%

Flavonoids

Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 170.27kcal (8.51%), Fat: 3.14g (4.84%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 31.76g (11.55%), Sugar: 18.07g (20.08%), Cholesterol: 0.45mg (0.15%), Sodium: 123.78mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.83g (5.67%), Manganese: 0.27mg (13.68%), Selenium: 7.21µg (10.3%), Vitamin B1: 0.13mg (8.83%), Folate: 32.7µg (8.18%), Iron: 1.32mg (7.35%), Vitamin B2: 0.12mg (7.08%), Copper: 0.13mg (6.72%), Fiber: 1.61g (6.44%), Magnesium: 22.57mg (5.64%), Vitamin B3: 1.12mg (5.6%), Phosphorus: 50.69mg (5.07%), Vitamin B6: 0.08mg (4%), Potassium: 138.98mg (3.97%), Calcium: 33.94mg

(3.39%), Zinc: 0.34mg (2.28%), Vitamin C: 1.69mg (2.04%), Vitamin B5: 0.17mg (1.65%)