



Banana-Chocolate Chip Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup banana ripe mashed (2 small)
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt

☐ 0.7 cup chocolate chips

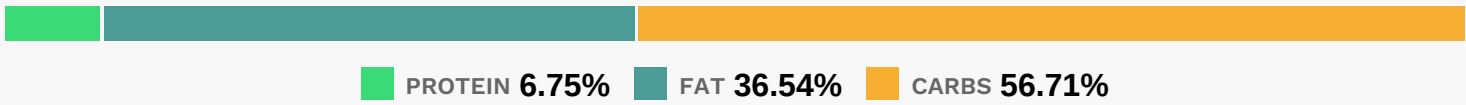
Equipment

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

Directions

- ☐ Heat oven to 375°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- ☐ In large bowl, beat bananas, oil, yogurt and egg with whisk or fork. Stir in remaining ingredients just until flour is moistened. Divide batter evenly among muffin cups.
- ☐ Bake 17 to 20 minutes or until golden brown. Cool 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:24.32, Glycemic Load:14.09, Inflammation Score:-2, Nutrition Score:4.5839130230572%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.88kcal (9.74%), Fat: 8g (12.3%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 27.19g (9.89%), Sugar: 12.25g (13.62%), Cholesterol: 13.95mg (4.65%), Sodium: 240.93mg (10.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Selenium: 7.98µg (11.4%), Vitamin B1: 0.15mg (10.32%), Folate: 38.8µg (9.7%), Vitamin B2: 0.15mg (8.84%), Vitamin K: 8.5µg (8.09%), Manganese: 0.15mg (7.59%), Calcium: 62.56mg (6.26%), Phosphorus: 60.35mg (6.04%), Vitamin B3: 1.16mg (5.8%), Iron: 0.99mg (5.49%),

Potassium: 125.92mg (3.6%), Fiber: 0.74g (2.95%), Vitamin E: 0.43mg (2.87%), Vitamin B6: 0.06mg (2.84%),
Vitamin B5: 0.27mg (2.66%), Magnesium: 9.98mg (2.5%), Zinc: 0.34mg (2.25%), Vitamin B12: 0.13µg (2.1%), Copper:
0.04mg (1.94%), Vitamin C: 0.95mg (1.16%)