



Banana Chocolate Meal-in-a-Muffin

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 bananas mashed
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup chocolate chips
- ☐ 0.3 cup cocoa powder
- ☐ 2 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons olive oil

- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 2.5 cups flour whole wheat

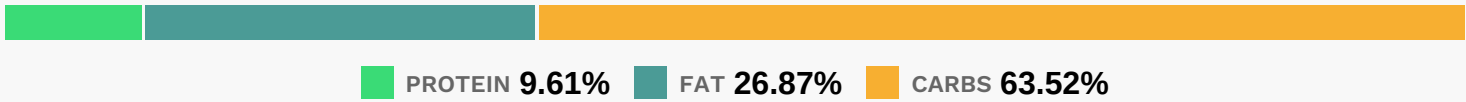
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 12-cup muffin tin with cooking spray.
- ☐ Mix mashed bananas and brown sugar together in a large bowl.
- ☐ Add eggs, olive oil, and vanilla extract; mix well.
- ☐ Mix flour, cocoa powder, baking powder, and cinnamon in a separate bowl. Stir banana mixture into flour mixture. Fold chocolate chips and walnuts into batter. Distribute batter into the muffin cups.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:4.47, Inflammation Score:-4, Nutrition Score:10.581304332484%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 209.82kcal (10.49%), Fat: 6.69g (10.3%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 30.99g (11.27%), Sugar: 11.7g (13%), Cholesterol: 27.28mg (9.09%), Sodium: 48.47mg (2.11%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.39g (10.78%), Manganese: 1.31mg (65.53%), Selenium: 18.53µg (26.47%), Fiber: 4.61g (18.45%), Magnesium: 59.22mg (14.81%), Phosphorus: 141.64mg (14.16%), Vitamin B6: 0.28mg (13.8%), Copper: 0.25mg (12.42%), Vitamin B1: 0.15mg (10.03%), Iron: 1.55mg (8.6%), Potassium: 298.27mg (8.52%), Vitamin B3: 1.58mg (7.91%), Zinc: 1.01mg (6.71%), Vitamin B2: 0.11mg (6.6%), Folate: 25.33µg (6.33%), Calcium: 47.09mg (4.71%), Vitamin E: 0.65mg (4.35%), Vitamin B5: 0.42mg (4.2%), Vitamin C: 3.46mg (4.19%), Vitamin K: 2.26µg (2.15%), Vitamin A: 68IU (1.36%), Vitamin B12: 0.07µg (1.09%)