



## Banana Chocolate Meal-in-a-Muffin

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



194 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
- 2.5 cups flour whole wheat

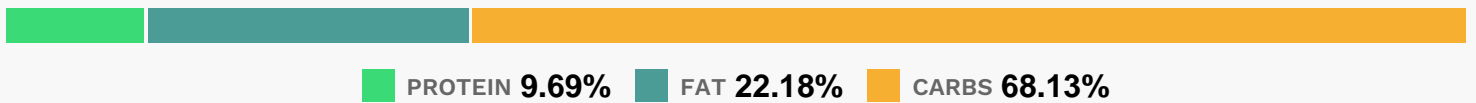
## Equipment

- 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:12.65, Glycemic Load:4.44, Inflammation Score:-3, Nutrition Score:10.030434577361%

## Flavonoids

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: 193.88kcal (9.69%), Fat: 5.1g (7.85%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 30.82g (11.21%), Sugar: 11.64g (12.93%), Cholesterol: 27.28mg (9.09%), Sodium: 48.42mg (2.11%), Alcohol: 0.23g (100%), Alcohol %: 0.34% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.02g (10.04%), Manganese: 1.23mg (61.37%), Selenium: 18.41µg (26.3%), Fiber: 4.45g (17.8%), Magnesium: 55.37mg (13.84%), Phosphorus: 133.21mg (13.32%), Vitamin B6: 0.26mg (13.15%), Copper: 0.21mg (10.48%), Vitamin B1: 0.14mg (9.48%), Potassium: 287.52mg (8.21%), Iron: 1.48mg (8.2%), Vitamin B3: 1.56mg (7.78%), Vitamin B2: 0.11mg (6.38%), Zinc: 0.93mg (6.21%), Folate: 22.94µg (5.74%), Calcium: 44.7mg (4.47%), Vitamin E: 0.64mg (4.24%), Vitamin C: 3.43mg (4.16%), Vitamin B5: 0.41mg (4.06%), Vitamin K: 2.2µg (2.09%), Vitamin A: 67.51IU (1.35%), Vitamin B12: 0.07µg (1.09%)