



Banana-Cinnamon Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.7 cup sugar
- 0.5 cup vegetable oil
- 2 eggs
- 0.7 cup banana very ripe mashed (2 small)
- 1 teaspoon vanilla
- 1.7 cups flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon salt

- 0.5 teaspoon ground cinnamon
- 0.3 cup sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup butter melted

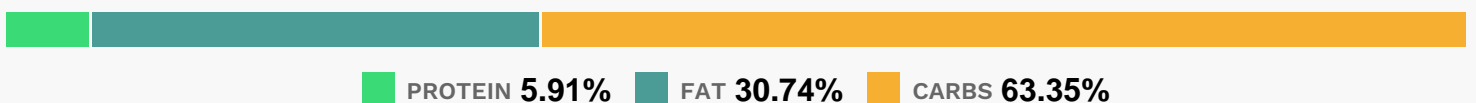
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 375°F. Grease bottoms only of 12 regular-size muffin cups with shortening or spray, or line with paper baking cups.
- In medium bowl, beat 2/3 cup sugar, the oil and eggs with wire whisk. Stir in bananas and vanilla. Stir in remaining muffin ingredients just until moistened. Divide batter evenly among muffin cups.
- Bake 17 to 21 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan to cooling rack.
- In small bowl, mix 1/4 cup sugar and 1/2 teaspoon cinnamon. Dip muffin tops into melted butter, then into cinnamon-sugar.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:21.18, Inflammation Score:-2, Nutrition Score:3.9108695983887%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 191.26kcal (9.56%), Fat: 6.6g (10.15%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 29.82g (10.84%), Sugar: 16.39g (18.21%), Cholesterol: 37.45mg (12.48%), Sodium: 229.55mg (9.98%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 2.86g (5.71%), Selenium: 8.37µg (11.95%), Vitamin B1: 0.14mg (9.47%), Folate: 37.04µg (9.26%), Manganese: 0.17mg (8.68%), Vitamin B2: 0.13mg (7.66%), Vitamin B3: 1.09mg (5.46%), Iron: 0.98mg (5.44%), Vitamin K: 3.84µg (3.66%), Phosphorus: 36.37mg (3.64%), Vitamin A: 163.61IU (3.27%), Fiber: 0.77g (3.1%), Vitamin B6: 0.05mg (2.56%), Vitamin E: 0.36mg (2.39%), Vitamin B5: 0.22mg (2.22%), Copper: 0.04mg (1.94%), Magnesium: 7.19mg (1.8%), Potassium: 61.2mg (1.75%), Zinc: 0.24mg (1.59%), Vitamin B12: 0.07µg (1.22%), Calcium: 10.18mg (1.02%)