



Banana-Cinnamon Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 0.7 cup banana very ripe mashed (2 small)
- 0.3 cup butter melted
- 2 eggs
- 1.7 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 0.3 cup sugar

- 0.7 cup sugar
- 1 teaspoon vanilla
- 0.5 cup vegetable oil

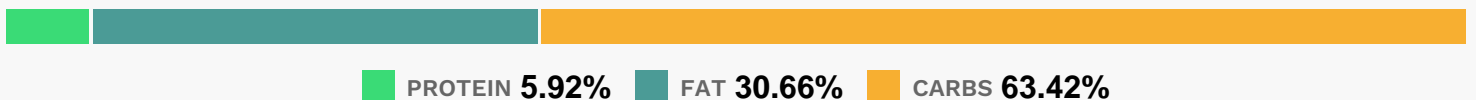
Equipment

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

Directions

- Heat oven to 375F. 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:22.91, Glycemic Load:21.17, Inflammation Score:-3, Nutrition Score:3.8986956166184%

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: 191.15kcal (9.56%), Fat: 6.57g (10.11%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 29.84g (10.85%), Sugar: 16.38g (18.2%), Cholesterol: 27.28mg (9.09%), Sodium: 243.73mg (10.6%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 2.85g (5.71%), Selenium: 8.32µg (11.88%), Vitamin B1: 0.14mg (9.49%), Folate: 36.94µg (9.23%), Manganese: 0.16mg (7.96%), Vitamin B2: 0.13mg (7.67%), Vitamin B3: 1.09mg (5.45%), Iron: 0.97mg (5.4%), Vitamin A: 214.34IU (4.29%), Phosphorus: 36.26mg (3.63%), Vitamin K: 3.48µg (3.32%), Fiber: 0.73g (2.92%), Vitamin E: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.57%), Vitamin B5: 0.22mg (2.21%), Copper: 0.04mg (1.92%), Magnesium: 7.18mg (1.8%), Potassium: 61.69mg (1.76%), Zinc: 0.23mg (1.55%), Vitamin B12: 0.07µg (1.17%)