



Banana Coconut Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup banana very ripe mashed
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.8 cup coconut sweetened flaked
- ☐ 0.5 cup butter unsalted melted

☐ 0.5 teaspoon vanilla

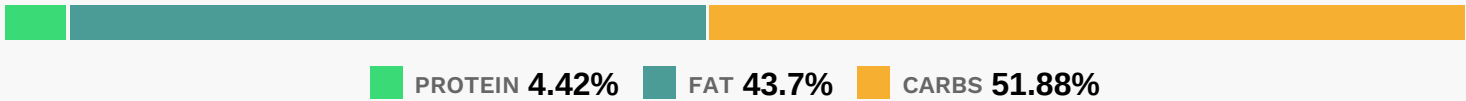
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Line muffin cups with liners.
- ☐ Whisk together flour, baking powder, and salt in a bowl.
- ☐ Whisk together bananas, butter, sugar, egg, vanilla, and 1/2 cup coconut in a large bowl until combined well, then fold in flour mixture until flour is just moistened.
- ☐ Divide batter among lined muffin cups and sprinkle with remaining 1/4 cup coconut.
- ☐ Bake until muffins are puffed and golden, about 25 minutes.
- ☐ Transfer muffins to a rack and cool slightly.

Nutrition Facts



Properties

Glycemic Index:36.48, Glycemic Load:24.1, Inflammation Score:-4, Nutrition Score:5.3260869461557%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 295.76kcal (14.79%), Fat: 14.62g (22.5%), Saturated Fat: 9.63g (60.21%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 37.38g (13.59%), Sugar: 21.4g (23.77%), Cholesterol: 53.75mg (17.92%), Sodium: 159.54mg (6.94%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.33g (6.66%), Selenium: 10.21µg (14.58%), Manganese: 0.25mg (12.57%), Vitamin B1: 0.16mg (10.81%), Folate: 42.16µg (10.54%), Vitamin B2: 0.14mg (8.51%),

Vitamin A: 397.3IU (7.95%), Iron: 1.24mg (6.89%), Fiber: 1.68g (6.73%), Vitamin B3: 1.31mg (6.57%), Phosphorus: 58.91mg (5.89%), Calcium: 41.03mg (4.1%), Vitamin B6: 0.07mg (3.69%), Copper: 0.07mg (3.54%), Magnesium: 13.36mg (3.34%), Potassium: 112.86mg (3.22%), Vitamin E: 0.42mg (2.8%), Vitamin B5: 0.26mg (2.55%), Vitamin D: 0.34µg (2.25%), Zinc: 0.31mg (2.07%), Vitamin C: 1.22mg (1.48%), Vitamin B12: 0.08µg (1.33%), Vitamin K: 1.14µg (1.09%)