



Banana-Date-Walnut Muffins

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tbsp agave nectar
- 0.3 cup apple sauce
- 1 tablespoon double-acting baking powder
- 1.3 cups banana very ripe mashed
- 1 tsp cinnamon
- 0.3 cup dates chopped
- 0.5 cup evaporated cane juice (I used the large crystal, unbleached kind)
- 0.3 tsp salt

- 0.5 cup vanilla
- 0.8 cup unbleached flour white
- 0.3 cup walnut pieces chopped (omit to reduce fat)
- 1 cup flour whole wheat white (I used)

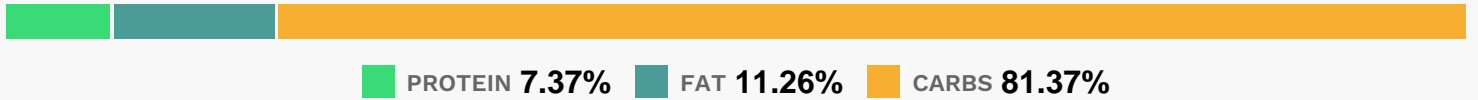
Equipment

- oven
- toothpicks
- muffin liners

Directions

- Pour the banana mixture into the flour mixture and stir just until combined.
- Add in the dates and walnuts, and pour into 12 muffin cups.
- Bake for 15-20 minutes, until a toothpick comes out clean.
- Serve to everyone who came running toward the aroma of fresh baked banana muffins!

Nutrition Facts



Properties

Glycemic Index:25.48, Glycemic Load:7.16, Inflammation Score:-1, Nutrition Score:3.1600000197473%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 167.46kcal (8.37%), Fat: 1.98g (3.05%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 29.98g (10.9%), Sugar: 16.39g (18.21%), Cholesterol: 0mg (0%), Sodium: 155.95mg (6.78%), Alcohol: 2.98g (100%), Alcohol %: 5.59% (100%), Protein: 2.91g (5.83%), Manganese: 0.26mg (12.76%), Fiber: 2.2g (8.8%), Calcium: 74.42mg (7.44%), Selenium: 3.56µg (5.08%), Vitamin B6: 0.09mg (4.55%), Phosphorus: 44.29mg (4.43%),

Copper: 0.08mg (4.04%), Potassium: 127.47mg (3.64%), Iron: 0.6mg (3.36%), Magnesium: 13.02mg (3.25%),
Vitamin C: 2.07mg (2.51%), Folate: 9.94µg (2.49%), Vitamin B2: 0.04mg (2.23%), Vitamin B1: 0.03mg (1.87%),
Vitamin B3: 0.32mg (1.59%), Zinc: 0.19mg (1.27%), Vitamin B5: 0.12mg (1.25%), Vitamin K: 1.14µg (1.08%)