

Banana-Gingerbread Muffins



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



16

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 14.5 ounces betty limited edition gingerbread cookie mix
- ☐ 1 cup banana ripe mashed
- ☐ 0.8 cup oats
- ☐ 0.8 cup water
- ☐ 2 eggs

Equipment

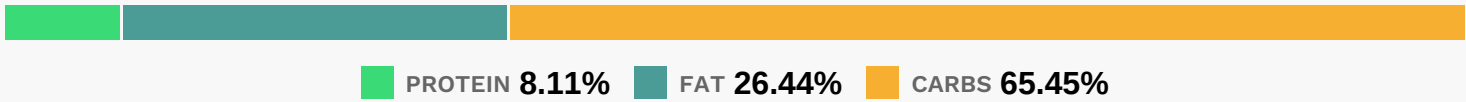
- ☐ frying pan
- ☐ oven

- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°. Grease bottoms only of 16 medium muffin cups, 2 1/2x1 1/4 inches, or line with paper baking cups.
- ☐ Mix all ingredients until well blended. Divide batter evenly among muffin cups.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:7.49, Glycemic Load:2.49, Inflammation Score:-3, Nutrition Score:11.188260925853%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 118.18kcal (5.91%), Fat: 4.05g (6.23%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 18.16g (6.61%), Sugar: 3.21g (3.57%), Cholesterol: 20.46mg (6.82%), Sodium: 21.93mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Manganese: 4.26mg (213.04%), Iron: 5.36mg (29.78%), Calcium: 180.89mg (18.09%), Fiber: 4.4g (17.61%), Magnesium: 48.5mg (12.13%), Vitamin C: 6.83mg (8.28%), Selenium: 5.46µg (7.81%), Copper: 0.15mg (7.57%), Vitamin B6: 0.15mg (7.52%), Vitamin K: 7.48µg (7.13%), Potassium: 225.1mg (6.43%), Phosphorus: 60.68mg (6.07%), Zinc: 0.82mg (5.44%), Vitamin B2: 0.07mg (4.22%), Vitamin B1: 0.06mg (3.95%), Vitamin E: 0.59mg (3.93%), Vitamin B3: 0.67mg (3.37%), Folate: 11.84µg (2.96%), Vitamin A: 102.76IU (2.06%), Vitamin B5: 0.14mg (1.43%)