



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 oz betty limited edition gingerbread cookie mix
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.8 cup oats
- ☐ 0.8 cup water
- ☐ 2 eggs

Equipment

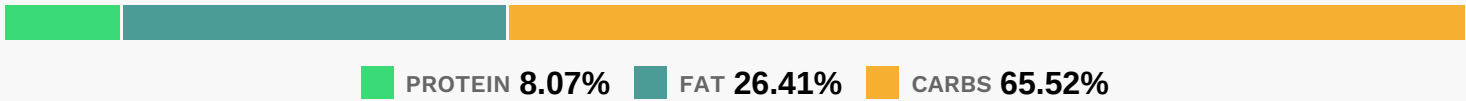
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°. Grease bottoms only of 16 medium muffin cups, 2 1/2x1 1/4 inches, with shortening, or line with foil or paper baking cups.
- ☐ Mix gingerbread mix (dry) and remaining ingredients in large bowl 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 to wire rack.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:1.91, Inflammation Score:-3, Nutrition Score:11.121739156868%

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: 118.48kcal (5.92%), Fat: 4.04g (6.21%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 18.12g (6.59%), Sugar: 3.2g (3.55%), Cholesterol: 20.46mg (6.82%), Sodium: 22.05mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Manganese: 4.24mg (211.77%), Iron: 5.35mg (29.7%), Calcium: 181.08mg (18.11%), Fiber: 4.43g (17.72%), Magnesium: 43.49mg (10.87%), Vitamin C: 6.83mg (8.28%), Copper: 0.15mg (7.61%), Selenium: 5.27µg (7.53%), Vitamin B6: 0.15mg (7.52%), Vitamin K: 7.44µg (7.08%), Potassium: 225.25mg (6.44%), Phosphorus: 58.85mg (5.89%), Zinc: 0.83mg (5.56%), Vitamin B2: 0.07mg (4.3%), Vitamin E: 0.58mg (3.86%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.69mg (3.43%), Folate: 11.84µg (2.96%), Vitamin A: 102.76IU (2.06%), Vitamin B5: 0.16mg (1.58%)