



Banana Instant Oatmeal Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour whole wheat white all-purpose
- 0.3 cup brown sugar light ()
- 0.5 teaspoon baking soda
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg freshly ground
- 2 packets rolled oats unflavored instant flavored

- 2 eggs
- 2 tablespoons canola oil
- 1 cup bananas mashed (3 medium)
- 0.5 cup buttermilk low-fat (or tbsp vinegar added to milk)

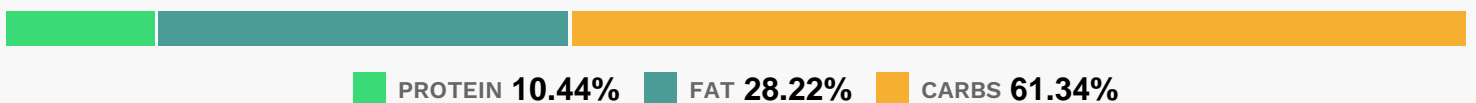
Equipment

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

Directions

- Preheat the oven to 375 f.
- Prepare a 12 cup muffin pan with paper paper liners, a thin coating of oil or cooking spray.
- Whisk the flour, sugar, baking soda, baking powder spices and oats into a large bowl.
- In another bowl beat the eggs, oil, mashed bananas and buttermilk.
- Quickly fold this mixture into the dry ingredients, mixing until just combined.
- Divide the mixture between the muffin cups and bake for 15-20 minutes until a toothpick inserted comes out clean.
- Cool for 5 minutes in the pan, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:2.4878260933835%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 103.75kcal (5.19%), Fat: 3.39g (5.22%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 15.04g (5.47%), Sugar: 7.25g (8.06%), Cholesterol: 27.68mg (9.23%), Sodium: 156.09mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Fiber: 1.56g (6.23%), Calcium: 47.73mg (4.77%), Vitamin B6: 0.09mg (4.35%), Selenium: 2.75µg (3.92%), Manganese: 0.08mg (3.89%), Vitamin B2: 0.06mg (3.7%), Phosphorus: 35.86mg (3.59%), Vitamin E: 0.51mg (3.41%), Potassium: 110.63mg (3.16%), Iron: 0.5mg (2.78%), Vitamin B5: 0.21mg (2.11%), Vitamin C: 1.74mg (2.1%), Magnesium: 7.9mg (1.98%), Folate: 7.83µg (1.96%), Vitamin K: 1.82µg (1.73%), Vitamin B12: 0.09µg (1.45%), Copper: 0.02mg (1.23%), Zinc: 0.17mg (1.16%), Vitamin A: 56.59IU (1.13%)