



 **59%**  
HEALTH SCORE

## Banana Mango Muffins with Lime Glaze

 Vegetarian  Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



2950 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 bananas ripe
- 0.7 cup brown sugar
- 0.5 cup butter at room temperature
- 3 large eggs
- 2 cups flour all-purpose
- 0.1 teaspoon ground allspice

- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.5 juice of lime juiced
- 1 teaspoon juice of lime to taste
- 1 mangos pitted ripe peeled

## Equipment

- bowl
- oven
- whisk
- wire rack
- blender
- toothpicks
- muffin liners

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line muffin cups with paper liners.
- Blend mango, bananas, brown sugar, and juice of 1/2 lime in a blender until smooth.
- Whisk flour, baking soda, baking powder, cinnamon, nutmeg, and allspice together in a bowl.
- Mix butter, eggs, and mango-banana mixture into flour mixture until just combined.
- Pour batter into the prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 25 to 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
- Whisk confectioners' sugar, water, and 1 teaspoon lime juice together until glaze is smooth and thick; spoon onto cooled muffins.

## Nutrition Facts

  

 PROTEIN **6.85%**  FAT **33.13%**  CARBS **60.02%**

## Properties

Glycemic Index:413.53, Glycemic Load:192.74, Inflammation Score:-10, Nutrition Score:68.471304271532%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 25.15mg, Catechin: 25.15mg, Catechin: 25.15mg, Catechin: 25.15mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 2950.23kcal (147.51%), Fat: 110.96g (170.71%), Saturated Fat: 64.15g (400.96%), Carbohydrates: 452.4g (150.8%), Net Carbohydrates: 431.82g (157.03%), Sugar: 215.64g (239.6%), Cholesterol: 802.03mg (267.34%), Sodium: 2513.75mg (109.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.63g (103.26%), Selenium: 138.59µg (197.99%), Folate: 695.27µg (173.82%), Manganese: 3.3mg (165.11%), Vitamin B1: 2.2mg (146.89%), Vitamin C: 112.33mg (136.16%), Vitamin B2: 2.3mg (135.32%), Vitamin A: 6130.42IU (122.61%), Vitamin B6: 1.99mg (99.31%), Iron: 17.2mg (95.55%), Vitamin B3: 18.89mg (94.45%), Fiber: 20.57g (82.3%), Phosphorus: 800.03mg (80%), Potassium: 2349.07mg (67.12%), Calcium: 571.4mg (57.14%), Vitamin B5: 5.33mg (53.35%), Copper: 1.06mg (53.1%), Magnesium: 209.88mg (52.47%), Vitamin E: 6.67mg (44.44%), Zinc: 4.61mg (30.76%), Vitamin B12: 1.53µg (25.47%), Vitamin D: 3µg (20%), Vitamin K: 20.35µg (19.38%)