



Banana Muffins I

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup banana ripe mashed
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 teaspoon vanilla extract

☐ 0.3 cup sugar white

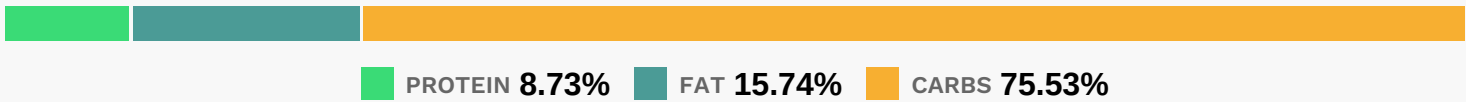
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
- ☐ Mix together flour, baking powder, baking soda and salt. In a separate bowl, beat together banana, sugar, egg and vanilla. Stir in the sour cream. Stir banana mixture into flour until just combined. Scoop batter into prepared muffin cups.
- ☐ Bake in preheated oven for 15 to 20 minutes, or until a toothpick inserted into center of a muffin comes out clean.
- ☐ Let cool before serving. For best flavor, place in an airtight container or bag overnight.

Nutrition Facts



Properties

Glycemic Index:24.32, Glycemic Load:10.3, Inflammation Score:-1, Nutrition Score:2.8552173680585%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg 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: 80.82kcal (4.04%), Fat: 1.44g (2.21%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 14.89g (5.41%), Sugar: 5.91g (6.57%), Cholesterol: 16.47mg (5.49%), Sodium: 207.13mg (9.01%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 1.79g (3.58%), Selenium: 4.99µg (7.12%), Calcium: 67.93mg (6.79%), Folate: 23.57µg (5.89%), Vitamin B1: 0.09mg (5.87%), Manganese: 0.11mg (5.36%), Vitamin B2: 0.09mg

(5.08%), Phosphorus: 46.82mg (4.68%), Iron: 0.7mg (3.87%), Vitamin B3: 0.71mg (3.53%), Vitamin B6: 0.06mg (2.93%), Fiber: 0.61g (2.43%), Potassium: 67.49mg (1.93%), Magnesium: 6.88mg (1.72%), Vitamin B5: 0.16mg (1.6%), Copper: 0.03mg (1.44%), Vitamin C: 1.13mg (1.37%), Vitamin A: 57.65IU (1.15%), Zinc: 0.16mg (1.04%)