



Banana Muffins with Sour Cream

 Vegetarian

READY IN



39 min.

SERVINGS



39

CALORIES



94 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 tsp baking soda
- 1 cup fully bananas ripe mashed (3)
- 0.3 cup butter softened
- 1.5 tsp calumet baking powder
- 1 cup knudsen cream sour
- 2 eggs
- 2.3 cups flour
- 0.5 tsp salt

- 1 cup sugar
- 1 cup planters walnuts chopped

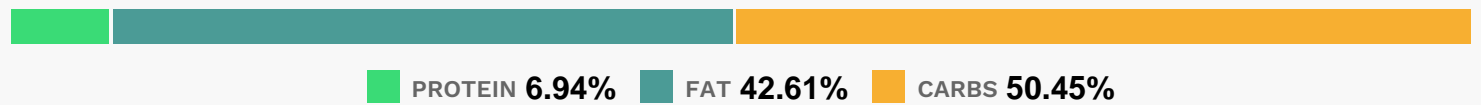
Equipment

- bowl
- oven
- blender
- toothpicks
- muffin liners

Directions

- Heat oven to 350F.
- Combine first 4 ingredients. Beat butter and sugar in large bowl with mixer until blended.
- Add bananas, sour cream and eggs; mix well.
- Add flour mixture; mix just until moistened. Stir in nuts.
- Spoon into 16 paper-lined muffin cups.
- Bake 22 to 24 min. or until toothpick inserted in centers comes out clean. Cool in pans 5 min.
- Remove to wire racks; cool slightly or to room temperature.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:8.08, Inflammation Score:-1, Nutrition Score:2.3673913038295%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg

Nutrients (% of daily need)

Calories: 94.48kcal (4.72%), Fat: 4.59g (7.07%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 11.75g (4.27%), Sugar: 5.9g (6.55%), Cholesterol: 15mg (5%), Sodium: 81.02mg (3.52%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 1.68g (3.37%), Manganese: 0.16mg (8.18%), Selenium: 3.59µg (5.12%),
Vitamin B1: 0.07mg (4.68%), Folate: 18.36µg (4.59%), Vitamin B2: 0.06mg (3.8%), Phosphorus: 32.53mg (3.25%),
Copper: 0.06mg (3.21%), Iron: 0.5mg (2.78%), Vitamin B3: 0.49mg (2.46%), Calcium: 23.15mg (2.32%), Magnesium:
8.31mg (2.08%), Vitamin B6: 0.04mg (1.98%), Fiber: 0.5g (1.98%), Vitamin A: 88.35IU (1.77%), Zinc: 0.2mg (1.33%),
Potassium: 45.7mg (1.31%), Vitamin B5: 0.12mg (1.18%)