



Banana-Nut Graham Muffins

 Vegetarian

READY IN



33 min.

SERVINGS



12

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 fully bananas ripe mashed
- 2 tsp calumet baking powder
- 1 eggs
- 1 cup milk fat-free
- 2.7 cups graham crackers crushed finely
- 2 Tbsp honey
- 0.3 cup sugar
- 0.3 cup planters walnuts chopped

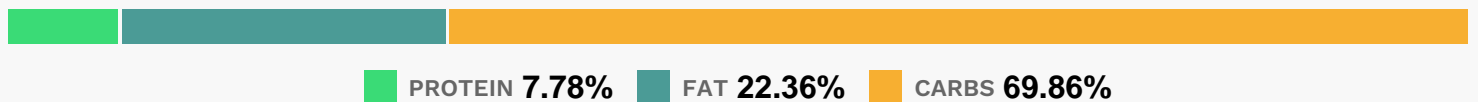
Equipment

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

Directions

- Heat oven to 400F.
- Combine graham crumbs, sugar and baking powder until well blended.
- Mix all remaining ingredients except nuts in large bowl.
- Add graham mixture; stir just until moistened.
- Spoon into 12 paper-lined muffin cups; top with nuts.
- Bake 15 to 18 min. or until toothpick inserted in centers comes out clean. Cool in pan 5 min.
- Remove to wire rack; cool slightly.

Nutrition Facts



Properties

Glycemic Index:33.03, Glycemic Load:17.94, Inflammation Score:-2, Nutrition Score:4.2186956476906%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg 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: 157.55kcal (7.88%), Fat: 4.03g (6.2%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 26.98g (9.81%), Sugar: 15.14g (16.82%), Cholesterol: 14.25mg (4.75%), Sodium: 234.14mg (10.18%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.16g (6.31%), Phosphorus: 100.66mg (10.07%), Calcium: 97.39mg (9.74%), Manganese: 0.14mg (7.05%), Vitamin B2: 0.11mg (6.57%), Iron: 1.12mg (6.23%), Vitamin B6: 0.12mg (6.21%), Magnesium: 24.15mg (6.04%), Fiber: 1.36g (5.45%), Vitamin B1: 0.07mg (4.86%), Vitamin B3: 0.95mg (4.73%), Potassium: 157.78mg (4.51%), Folate: 17.72µg (4.43%), Zinc: 0.64mg (4.27%), Copper: 0.06mg (3.24%), Selenium: 1.9µg (2.72%), Vitamin B12: 0.15µg (2.52%), Vitamin C: 1.76mg (2.13%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.3µg (1.99%), Vitamin A: 74.52IU (1.49%)