

Banana Nut Muffins

 Vegetarian

READY IN



27 min.

SERVINGS



12

CALORIES



322 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons baking soda
- 4 overripe bananas
- 1 cup brown sugar
- 2 eggs
- 2 cups flour all-purpose
- 0.5 cup pecans chopped
- 0.5 teaspoon salt
- 0.8 cup butter unsalted cooled melted ()

1 teaspoon vanilla extract pure

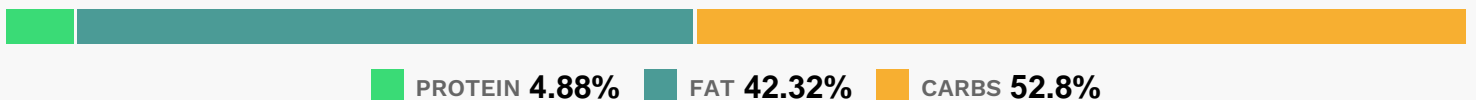
Equipment

- bowl
- oven
- whisk
- hand mixer
- toothpicks
- spatula
- muffin tray

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F and lightly butter 2 muffin tins.
- In a large bowl, combine the flour, baking soda, and salt; set aside. Mash 2 of the bananas with a fork in a small bowl so they still have a bit of texture. With an electric mixer fitted with a wire whisk, whip the remaining bananas and sugar together like you mean it, for a good 3 minutes.
- Add the melted butter, eggs, and vanilla and beat well, scraping down the sides of the bowl once or twice.
- Mix in the dry ingredients just until incorporated. Fold in the nuts and the mashed bananas with a rubber spatula. Spoon the batter into the muffin tins to fill them about halfway. Give them a rap on the counter to get any air bubbles out.
- Bake until a toothpick stuck in the muffins comes out clean, 18 to 20 minutes.
- Let cool for a few minutes before turning the muffins out.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:15.87, Inflammation Score:-4, Nutrition Score:7.0930434258088%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 322.18kcal (16.11%), Fat: 15.51g (23.86%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 41.55g (15.11%), Sugar: 22.88g (25.42%), Cholesterol: 57.78mg (19.26%), Sodium: 251.64mg (10.94%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 4.03g (8.05%), Manganese: 0.45mg (22.46%), Selenium: 10.23µg (14.61%), Vitamin B1: 0.21mg (13.78%), Folate: 50.95µg (12.74%), Vitamin B2: 0.18mg (10.33%), Vitamin B6: 0.18mg (9.13%), Vitamin A: 421.63IU (8.43%), Iron: 1.44mg (7.98%), Fiber: 1.98g (7.92%), Vitamin B3: 1.57mg (7.86%), Copper: 0.13mg (6.33%), Potassium: 218.44mg (6.24%), Phosphorus: 61.26mg (6.13%), Magnesium: 23.05mg (5.76%), Vitamin C: 3.47mg (4.2%), Vitamin B5: 0.41mg (4.11%), Vitamin E: 0.52mg (3.44%), Zinc: 0.51mg (3.37%), Calcium: 30.8mg (3.08%), Vitamin D: 0.36µg (2.4%), Vitamin B12: 0.09µg (1.49%), Vitamin K: 1.42µg (1.35%)