

Banana Nut Muffins



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 2 egg whites
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon lemon zest
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons vegetable oil

- ☐ 0.3 cup walnuts chopped
- ☐ 0.8 cup sugar white

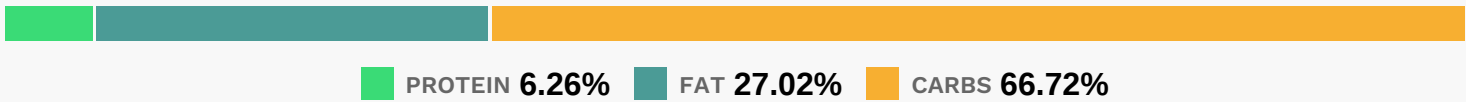
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray muffin tins with non-stick cooking spray.
- ☐ In large bowl, stir together flour, baking powder, soda, and salt.
- ☐ In a medium bowl, beat egg whites slightly. Stir in bananas, sugar, oil, and lemon peel.
- ☐ Add to flour mixture, stirring just until combined. Stir in walnuts. Fill muffin pan cups 2/3 full.
- ☐ Bake for about 20 to 25 minutes, or until tops are lightly browned.
- ☐ Remove muffins from pan.

Nutrition Facts



Properties

Glycemic Index:25.99, Glycemic Load:19.59, Inflammation Score:-2, Nutrition Score:4.2413043489923%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 170.63kcal (8.53%), Fat: 5.25g (8.08%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 28.09g (10.22%), Sugar: 14.91g (16.57%), Cholesterol: 0mg (0%), Sodium: 109.01mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Manganese: 0.24mg (12.08%), Selenium: 6.68µg

(9.54%), Vitamin B1: 0.14mg (9.14%), Folate: 34.95µg (8.74%), Vitamin B2: 0.12mg (7%), Vitamin K: 6.46µg (6.15%), Vitamin B3: 1.08mg (5.4%), Iron: 0.91mg (5.07%), Vitamin B6: 0.09mg (4.47%), Fiber: 1.09g (4.37%), Phosphorus: 41.16mg (4.12%), Copper: 0.08mg (3.91%), Calcium: 35.76mg (3.58%), Magnesium: 13.06mg (3.27%), Potassium: 103.36mg (2.95%), Vitamin C: 1.88mg (2.28%), Vitamin E: 0.32mg (2.16%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.22mg (1.44%)