

Banana Nut Muffins



Vegetarian



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cup to 3 bananas ripe mashed
- ☐ 0.3 cup butter unsalted salted melted (or)
- ☐ 0.8 cup sugar
- ☐ 1 large eggs beaten
- ☐ 1 teaspoon vanilla extract
- ☐ 1 Tbsp a pinch of coffee granules mixed with tbsp of water instant brewed
- ☐ 1 teaspoon baking soda
- ☐ 1 pinch salt

- ☐ 1.5 cup flour
- ☐ 1 cup walnuts raw toasted chopped (or)

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ skewers
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven, prepare muffin pan: Preheat the oven to 350°F. Line a muffin pan with paper liners.
- ☐ Combine wet ingredients and sugar: Thoroughly mash the bananas in a large bowl. Stir the melted butter into the bananas.
- ☐ Mix in the sugar, egg, coffee and vanilla extract.
- ☐ Combine dry ingredients:
- ☐ Whisk together the flour, baking soda, and salt.
- ☐ Add dry ingredients into wet, add nuts:
- ☐ Add the flour mixture to the banana mixture, a third at a time, stirring until it is just incorporated. (Do not over-mix! Over-mixing will result in dense, tough muffins.)
- ☐ Fold in the chopped walnuts or pecans.
- ☐ Fill muffin cups, and bake: Lightly spoon the mixture into a prepared muffin tin.
- ☐ Bake at 350°F for 20–25 minutes.
- ☐ Check for doneness by pressing down on the top of the muffin. If it bounces back, it's done. You can also test by inserting a skewer or other tester into the center of a muffin. If it comes out clean, it's done.
- ☐ Cool on a rack.

Nutrition Facts



 **PROTEIN 6.41%**  **FAT 44.82%**  **CARBS 48.77%**

Properties

Glycemic Index:18.32, Glycemic Load:19.22, Inflammation Score:-3, Nutrition Score:5.8043478157209%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg 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: 236.27kcal (11.81%), Fat: 12.11g (18.64%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 28.18g (10.25%), Sugar: 14.74g (16.38%), Cholesterol: 29.06mg (9.69%), Sodium: 102.01mg (4.44%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Caffeine: 13.08mg (4.36%), Protein: 3.9g (7.79%), Manganese: 0.49mg (24.57%), Folate: 43.42µg (10.86%), Vitamin B1: 0.16mg (10.85%), Selenium: 7.4µg (10.57%), Copper: 0.2mg (9.77%), Vitamin B2: 0.13mg (7.49%), Phosphorus: 65.09mg (6.51%), Iron: 1.15mg (6.38%), Vitamin B3: 1.26mg (6.3%), Magnesium: 25.09mg (6.27%), Vitamin B6: 0.12mg (6.2%), Fiber: 1.48g (5.93%), Potassium: 138.41mg (3.95%), Vitamin A: 192.03IU (3.84%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.28mg (1.89%), Vitamin C: 1.49mg (1.8%), Calcium: 17.28mg (1.73%), Vitamin D: 0.18µg (1.19%)