

Banana Oat Muffins



Vegetarian



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1 cup rolled oats
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar white

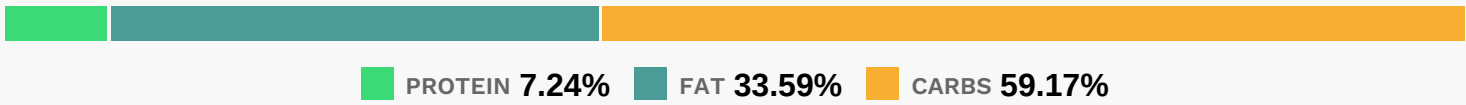
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Combine flour, oats, sugar, baking powder, soda, and salt.
- ☐ In a large bowl, beat the egg lightly. Stir in the milk, oil, and vanilla.
- ☐ Add the mashed banana, and combine thoroughly. Stir the flour mixture into the banana mixture until just combined. Line a 12-cup muffin tin with paper bake cups, and divide the batter among them.
- ☐ Bake at 400 degrees F (205 degrees C) for 18 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.82, Glycemic Load:18.51, Inflammation Score:-2, Nutrition Score:6.1295652959658%

Flavonoids

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: 200.01kcal (10%), Fat: 7.57g (11.65%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 28.42g (10.34%), Sugar: 11.48g (12.76%), Cholesterol: 15.47mg (5.16%), Sodium: 270.77mg (11.77%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.67g (7.35%), Manganese: 0.41mg (20.26%), Selenium: 8.9µg (12.72%), Vitamin B1: 0.17mg (11.3%), Vitamin K: 11.47µg (10.92%), Folate: 36.23µg (9.06%), Phosphorus: 85.98mg (8.6%), Vitamin B2: 0.14mg (8.29%), Calcium: 66.94mg (6.69%), Iron: 1.2mg (6.69%), Fiber: 1.59g (6.37%),

Vitamin B3: 1.14mg (5.71%), Magnesium: 20.3mg (5.07%), Vitamin B6: 0.1mg (4.9%), Vitamin E: 0.6mg (3.99%), Potassium: 136.8mg (3.91%), Copper: 0.07mg (3.36%), Zinc: 0.49mg (3.3%), Vitamin B5: 0.32mg (3.2%), Vitamin C: 1.63mg (1.98%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.24µg (1.61%), Vitamin A: 56.51IU (1.13%)