



Banana & Oreo Muffin

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 110 grams butter
- 0.5 Cup sugar
- 1 cup flour
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 eggs
- 2 tablespoons condensed milk
- 2 banana with fork mashed

- 8 pieces oreo cookies
- 0.5 teaspoon vanilla essence
- 0.3 teaspoon banana

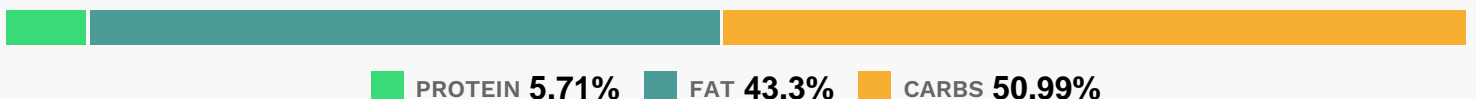
Equipment

- oven
- whisk
- blender
- toothpicks
- muffin liners
- rolling pin

Directions

- Sift the flour, baking power and baking soda together and set aside.
- Remove the cream from the cookies, place the cookies in a ziplock bag, use a rolling pin, crush the cookie into fine crumbs.
- Cream butter and sugar with electric beater till light and fluffy(about 3 minutes on medium speed).
- Add in egg one at a time and beat till the mixture is well combine without any egg trace.
- Add mashed banana, vanilla essence and condensed milk into the butter mixture and give it a quick whisk.
- Lower the mixer speed, add flour mixture and blend the mixture till smooth.
- Stir in the oreo cookies crumbs till combined, scoop the mixture into prepared muffin cups to 3/4 full.
- Top the muffin batter with some extra banana slices and oreo cookies, bake them in preheated 180 degree oven for about 20 - 25 minutes or till a toothpick inserted in the center and comes out clean.

Nutrition Facts



Properties

Glycemic Index:114.41, Glycemic Load:44.72, Inflammation Score:-6, Nutrition Score:11.135217391304%

Flavonoids

Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Taste

Sweetness: 100%, Saltiness: 16.43%, Sourness: 12.5%, Bitterness: 10.43%, Savoriness: 13.32%, Fattiness: 75.47%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 534.5kcal (26.73%), Fat: 26.23g (40.35%), Saturated Fat: 15.6g (97.5%), Carbohydrates: 69.51g (23.17%), Net Carbohydrates: 67.06g (24.39%), Sugar: 38.69g (42.98%), Cholesterol: 144.37mg (48.12%), Sodium: 419.84mg (18.25%), Protein: 7.78g (15.55%), Selenium: 19.95µg (28.5%), Vitamin B2: 0.36mg (21.13%), Folate: 82.53µg (20.63%), Manganese: 0.4mg (19.79%), Vitamin B1: 0.29mg (19.12%), Vitamin A: 870.72IU (17.41%), Vitamin B6: 0.28mg (13.77%), Phosphorus: 135.1mg (13.51%), Iron: 2.32mg (12.91%), Vitamin B3: 2.34mg (11.71%), Fiber: 2.44g (9.78%), Potassium: 325.84mg (9.31%), Calcium: 85.08mg (8.51%), Vitamin B5: 0.78mg (7.84%), Magnesium: 29.81mg (7.45%), Vitamin E: 1.01mg (6.75%), Vitamin C: 5.42mg (6.57%), Copper: 0.12mg (5.87%), Zinc: 0.73mg (4.85%), Vitamin B12: 0.29µg (4.78%), Vitamin D: 0.46µg (3.07%), Vitamin K: 2.99µg (2.85%)