

Banana Pancake Muffins

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 banana diced
- 1 cup brown sugar
- 1 eggs
- 3 cups flour all-purpose
- 0.5 cup shortening
- 1.3 cups soymilk

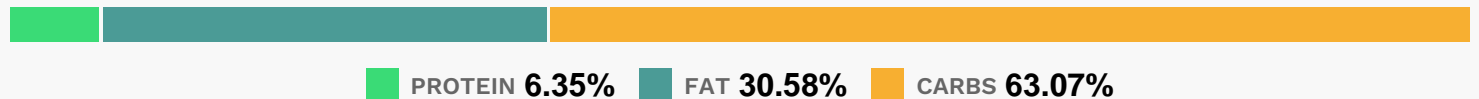
Equipment

- bowl
- oven
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- In a large bowl, cream together shortening and sugar. Beat in egg. Blend until banana is completely mixed in, then add flour, baking powder and baking soda.
- Mix batter with spoon. Stir in soy milk, then spoon into muffin pan. Spoon batter into prepared muffin cups.
- Bake in preheated oven for 15 to 20 minutes, until a toothpick inserted into center of muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:18.72, Inflammation Score:-3, Nutrition Score:7.4095652207084%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 284.25kcal (14.21%), Fat: 9.72g (14.95%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 43.89g (15.96%), Sugar: 19.7g (21.89%), Cholesterol: 13.64mg (4.55%), Sodium: 122.3mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Selenium: 12.6µg (18.01%), Vitamin B1: 0.27mg (17.79%), Folate: 68.93µg (17.23%), Vitamin B3: 2.74mg (13.71%), Vitamin B2: 0.23mg (13.37%), Manganese:

0.25mg (12.62%), Iron: 1.85mg (10.29%), Calcium: 86.33mg (8.63%), Vitamin E: 1.21mg (8.07%), Vitamin B6: 0.12mg (6.05%), Phosphorus: 54.86mg (5.49%), Vitamin B12: 0.3µg (4.97%), Fiber: 1.2g (4.8%), Copper: 0.09mg (4.71%), Vitamin K: 4.7µg (4.47%), Potassium: 132.85mg (3.8%), Vitamin C: 2.63mg (3.18%), Vitamin B5: 0.31mg (3.08%), Magnesium: 11.76mg (2.94%), Vitamin D: 0.37µg (2.46%), Vitamin A: 122.71IU (2.45%), Zinc: 0.35mg (2.3%)