



Banana, Peanut Butter and Chocolate Chip Muffins – I Adore Food

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour
- 1 cup flour whole wheat
- 0.3 cup brown sugar
- 1 Tablespoon double-acting baking powder
- 0.5 Teaspoon salt
- 1 large eggs
- 0.8 cup banana mashed

- 0.7 cup peanut butter
- 0.7 cup vanilla extract (plain 2% with 1tablespoon of vanilla extract)
- 2 Tablespoon cooking oil
- 0.5 cup bittersweet chocolate

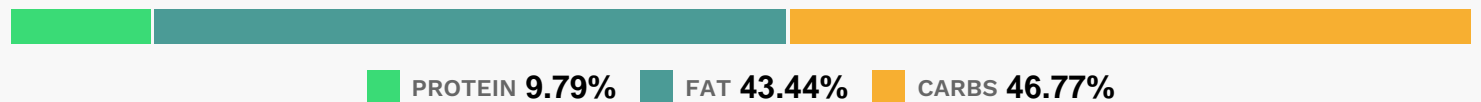
Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin tray

Directions

- Preheat oven at 375 degrees Fahrenheit.
- Measure first 5 ingredients into a large bowl and stir them together. Make a well in the centre.
- Beat next 5 ingredients with a whisk in a medium bowl.
- Pour in the well.
- Add chocolate chips and stir together until moistened.
- Fill the greased muffin pan (3/4 full).
- Bake for 18 to 20 minutes or until a wooden toothpick comes out clean.

Nutrition Facts



Properties

Glycemic Index:19.65, Glycemic Load:7.39, Inflammation Score:-4, Nutrition Score:9.4834782377533%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg 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: 291.67kcal (14.58%), Fat: 13.24g (20.37%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 29.2g (10.62%), Sugar: 12.8g (14.22%), Cholesterol: 15.94mg (5.31%), Sodium: 274.28mg (11.93%), Alcohol: 3.98g (100%), Alcohol %: 6.56% (100%), Caffeine: 6.27mg (2.09%), Protein: 6.71g (13.42%), Manganese: 0.84mg (42.09%), Selenium: 12.36µg (17.66%), Vitamin B3: 3.2mg (16%), Phosphorus: 147.66mg (14.77%), Magnesium: 58.29mg (14.57%), Vitamin E: 1.89mg (12.58%), Fiber: 2.87g (11.47%), Copper: 0.23mg (11.44%), Vitamin B1: 0.16mg (10.66%), Iron: 1.82mg (10.1%), Folate: 39.68µg (9.92%), Calcium: 84.47mg (8.45%), Vitamin B2: 0.14mg (7.99%), Vitamin B6: 0.16mg (7.92%), Potassium: 234.39mg (6.7%), Zinc: 0.97mg (6.49%), Vitamin B5: 0.39mg (3.87%), Vitamin K: 2.51µg (2.39%)