



Banana-Raisin Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups corn flakes/bran flakes
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 cup banana ripe mashed (2 to 3 medium)
- ☐ 1 cup raisins
- ☐ 0.7 cup milk
- ☐ 3 tablespoons vegetable oil

☐ 1 eggs

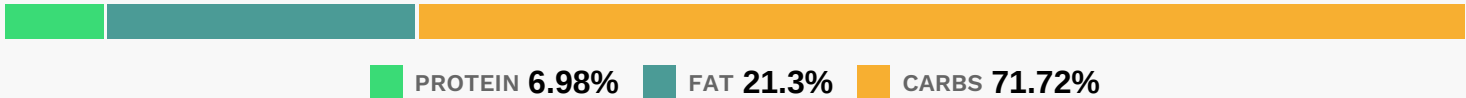
Equipment

- ☐ bowl
- ☐ oven
- ☐ ziploc bags
- ☐ muffin liners
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening, or spray with cooking spray.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and coarsely crush with rolling pin or meat mallet. In large bowl, mix cereal, flour, brown sugar and baking powder. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 22 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:32.57, Glycemic Load:17.11, Inflammation Score:-4, Nutrition Score:8.5369564450305%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg 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: 183.25kcal (9.16%), Fat: 4.56g (7.01%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 31.8g (11.56%), Sugar: 9.39g (10.44%), Cholesterol: 15.27mg (5.09%), Sodium: 140.17mg (6.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.4mg (19.91%), Folate: 72.94µg

(18.24%), Iron: 3.02mg (16.76%), Vitamin B1: 0.22mg (14.36%), Selenium: 9.57µg (13.67%), Vitamin B2: 0.22mg (13.19%), Fiber: 2.72g (10.88%), Vitamin B3: 2.12mg (10.62%), Vitamin B6: 0.2mg (10.23%), Phosphorus: 95.26mg (9.53%), Calcium: 81.66mg (8.17%), Vitamin B12: 0.44µg (7.32%), Magnesium: 27.97mg (6.99%), Potassium: 227.59mg (6.5%), Vitamin K: 6.5µg (6.19%), Copper: 0.1mg (5.2%), Vitamin A: 216.43IU (4.33%), Zinc: 0.57mg (3.8%), Vitamin D: 0.44µg (2.95%), Vitamin B5: 0.28mg (2.77%), Vitamin E: 0.4mg (2.63%), Vitamin C: 1.74mg (2.11%)