



Banana-Spice Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana ripe mashed 2 small
- ☐ 0.3 cup brown sugar packed
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.7 cup milk 2% low-fat
- ☐ 0.3 cup ricotta cheese light
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 2 tablespoons vegetable oil

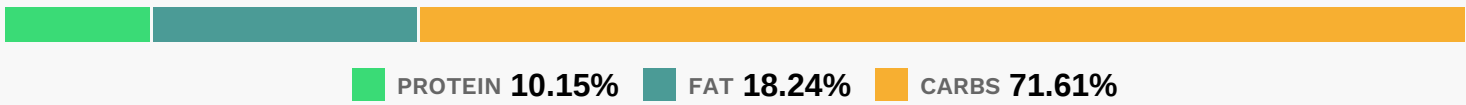
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 8 ingredients in a large bowl, and make a well in center of mixture.
- ☐ Combine banana and next 7 ingredients (banana through egg) in a bowl, and add to flour mixture. Stir just until moist. Spoon batter into 18 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 18 minutes or until done.
- ☐ Remove from pans immediately, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.55, Glycemic Load:13.31, Inflammation Score:-2, Nutrition Score:4.3008695685345%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 135.26kcal (6.76%), Fat: 2.73g (4.2%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 23.38g (8.5%), Sugar: 9.49g (10.54%), Cholesterol: 13.29mg (4.43%), Sodium: 218.68mg (9.51%), Alcohol: 0.25g (100%), Alcohol %: 0.53% (100%), Protein: 3.42g (6.83%), Selenium: 8.26µg (11.81%), Vitamin B1: 0.15mg (9.83%), Manganese: 0.19mg (9.37%), Folate: 35.86µg (8.96%), Vitamin B2: 0.14mg (8.37%), Calcium: 73.95mg (7.4%), Phosphorus: 61.7mg (6.17%), Iron: 1.03mg (5.74%), Vitamin B3: 1.12mg (5.62%), Fiber: 0.73g (2.91%), Vitamin K: 2.95µg (2.81%), Vitamin B6: 0.05mg (2.73%), Potassium: 90mg (2.57%), Magnesium: 9.67mg (2.42%), Vitamin B5: 0.21mg (2.1%), Copper: 0.04mg (1.97%), Zinc: 0.29mg (1.92%), Vitamin B12: 0.11µg (1.75%), Vitamin A: 60.62IU (1.21%), Vitamin E: 0.18mg (1.2%), Vitamin D: 0.16µg (1.07%)