



Banana Yogurt Muffins

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



2116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup banana ripe mashed
- ☐ 1 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup nonfat yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.3 cup coconut or shredded unsweetened lightly toasted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

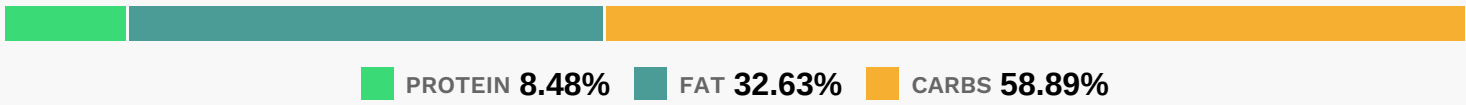
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine first 5 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine banana, yogurt, oil, egg, and vanilla; stir well.
- ☐ Add coconut; stir just until blended.
- ☐ Add banana mixture to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Spoon batter into muffin pans coated with cooking spray, filling two-thirds full.
- ☐ Bake at 400 for 20 minutes or until muffins are golden.
- ☐ Let cool on a wire rack 5 minutes, and remove from pans.

Nutrition Facts



Properties

Glycemic Index:291.87, Glycemic Load:202.67, Inflammation Score:-9, Nutrition Score:56.743043008058%

Flavonoids

Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 2115.92kcal (105.8%), Fat: 77.18g (118.74%), Saturated Fat: 23.76g (148.51%), Carbohydrates: 313.47g (104.49%), Net Carbohydrates: 299.02g (108.73%), Sugar: 102g (113.33%), Cholesterol: 167.35mg (55.78%), Sodium: 2566.04mg (111.57%), Alcohol: 1.38g (100%), Alcohol %: 0.22% (100%), Protein: 45.13g (90.27%), Selenium: 111.09µg (158.7%), Vitamin B1: 2.13mg (141.95%), Manganese: 2.79mg (139.26%), Folate: 532.32µg (133.08%), Vitamin B2: 2.02mg (118.55%), Vitamin K: 102.29µg (97.42%), Phosphorus: 858.2mg (85.82%), Vitamin B3: 16.18mg (80.88%), Iron: 14.42mg (80.1%), Calcium: 795.73mg (79.57%), Fiber: 14.45g (57.81%), Vitamin B6: 0.9mg (45.17%), Potassium: 1468.72mg (41.96%), Magnesium: 158.75mg (39.69%), Copper: 0.73mg (36.52%), Vitamin B5: 3.64mg (36.36%), Vitamin E: 5.32mg (35.48%), Zinc: 4.81mg (32.05%), Vitamin B12: 1.51µg (25.21%), Vitamin C: 15.05mg (18.25%), Vitamin A: 346.46IU (6.93%), Vitamin D: 0.88µg (5.87%)