



## Caribbean Banana Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 medium banana
- 1 cup brown sugar
- 0.5 cup butter
- 1 cup coconut or shredded
- 0.5 cup pineapple dried chopped
- 2 large eggs

- 2 cups flour all-purpose
- 1 tablespoon rum extract
- 0.5 teaspoon salt

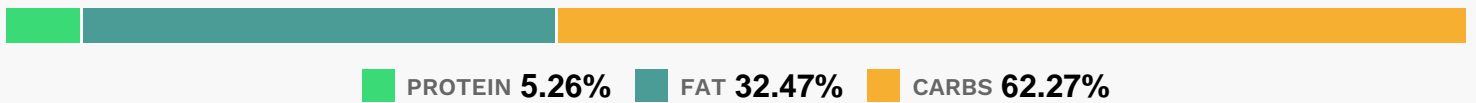
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Prepare 12 muffin cups with paper liners.
- Sift the flour, baking soda, baking powder, and salt into a bowl; set aside. In a large bowl, cream together butter and sugar until light and fluffy. Beat in the eggs one at a time, mixing well after each addition, then beat in the bananas and rum extract. Stir in the flour mixture. Fold in the shredded coconut and pineapple; mixing just enough to evenly distribute. Evenly divide the batter among the prepared muffin cups.
- Bake in preheated oven until a toothpick inserted into the center comes out clean, 20 to 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.48, Glycemic Load:14.85, Inflammation Score:-3, Nutrition Score:6.3556521353514%

## Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 297.38kcal (14.87%), Fat: 11g (16.92%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 45.36g (16.49%), Sugar: 26.97g (29.97%), Cholesterol: 51.34mg (17.11%), Sodium: 285.59mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Manganese: 0.34mg (16.8%), Selenium: 10.9µg (15.58%), Folate: 50.14µg (12.54%), Vitamin B1: 0.18mg (12.06%), Vitamin B2: 0.17mg (9.83%), Iron: 1.62mg (8.98%), Fiber: 2.09g (8.36%), Vitamin B3: 1.49mg (7.46%), Vitamin B6: 0.14mg (7.15%), Vitamin A: 300.24IU (6%), Phosphorus: 59.68mg (5.97%), Potassium: 189.84mg (5.42%), Copper: 0.1mg (4.84%), Vitamin C: 3.74mg (4.53%), Magnesium: 17.57mg (4.39%), Calcium: 40.71mg (4.07%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.39mg (2.57%), Vitamin E: 0.36mg (2.43%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.17µg (1.11%)