



Chocolate Banana Bread Muffins

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12.3 oz betty delights super carrot cake mix quick
- 0.8 cup milk
- 0.3 cup vegetable oil
- 2 eggs
- 1 tablespoon cocoa powder unsweetened

Equipment

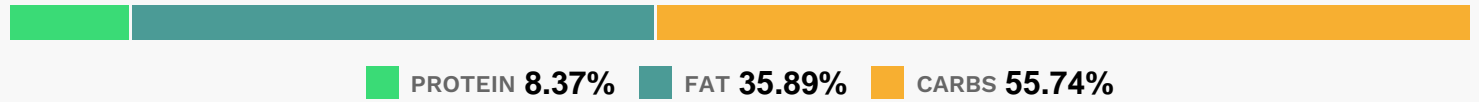
- bowl
- frying pan

- oven
- wire rack
- muffin liners

Directions

- Heat oven to 425°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In medium bowl, stir all ingredients until blended. Divide batter evenly among muffin cups.
- Bake 15 to 20 minutes or until golden brown and tops spring back when lightly touched. Cool 5 minutes; remove from pan to cooling rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:2.9926086625327%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 174.93kcal (8.75%), Fat: 6.82g (10.49%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 22.65g (8.23%), Sugar: 13.22g (14.69%), Cholesterol: 29.11mg (9.7%), Sodium: 145.9mg (6.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin A: 848.88IU (16.98%), Vitamin K: 8.43µg (8.03%), Iron: 0.92mg (5.11%), Fiber: 1.19g (4.77%), Calcium: 43.74mg (4.37%), Selenium: 2.6µg (3.72%), Phosphorus: 32.98mg (3.3%), Vitamin B2: 0.06mg (3.27%), Vitamin E: 0.46mg (3.04%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.31µg (2.1%), Vitamin B5: 0.17mg (1.7%), Vitamin C: 1.22mg (1.48%), Zinc: 0.19mg (1.24%), Magnesium: 4.79mg (1.2%), Potassium: 39.33mg (1.12%), Vitamin B6: 0.02mg (1.11%), Copper: 0.02mg (1.06%)