



## Chocolate Chia Banana Nut Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup banana ripe mashed
- 0.5 cup chia seeds black
- 1 box corn muffin mix
- 2 eggs
- 0.5 cup semi chocolate chips
- 2 tablespoons vegetable oil
- 0.5 cup water

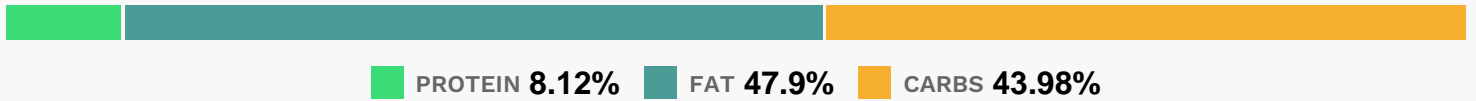
### Equipment

- bowl
- frying pan
- oven
- muffin liners

## Directions

- Heat oven to 425F (400F for dark or nonstick pan).
- Place paper baking cup in each of 12 regular-size muffin cups, or spray muffin cups with cooking spray.
- In medium bowl, stir all ingredients just until blended. Divide batter among muffin cups (about three-fourths full).
- Bake 15 to 20 minutes or until muffins are golden brown and tops spring back when touched lightly. Cool 5 minutes before carefully removing from pan.

## Nutrition Facts



## Properties

Glycemic Index:4.56, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:6.8347826366839%

## Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg

## Nutrients (% of daily need)

Calories: 195.1kcal (9.76%), Fat: 10.48g (16.12%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 17.21g (6.26%), Sugar: 7.25g (8.05%), Cholesterol: 28.13mg (9.38%), Sodium: 176.9mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.99g (7.99%), Phosphorus: 193.83mg (19.38%), Manganese: 0.37mg (18.3%), Fiber: 4.42g (17.69%), Selenium: 7.95µg (11.35%), Magnesium: 43.57mg (10.89%), Copper: 0.19mg (9.27%), Iron: 1.66mg (9.22%), Vitamin B1: 0.14mg (9.06%), Vitamin B3: 1.39mg (6.93%), Folate: 26.22µg (6.55%), Calcium: 65.35mg (6.54%), Vitamin B2: 0.11mg (6.24%), Vitamin K: 5.75µg (5.48%), Zinc: 0.74mg (4.92%), Potassium: 115.36mg (3.3%), Vitamin B6: 0.05mg (2.61%), Vitamin E: 0.38mg (2.52%), Vitamin B5: 0.24mg (2.42%), Vitamin B12: 0.1µg (1.61%), Vitamin A: 72.27IU (1.45%)