



## Chocolate Chip Banana Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon double-acting baking powder
- 1.5 cups bananas mashed
- 1 eggs beaten
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup semi chocolate chips
- 0.7 cup sunflower seed oil
- 2 tablespoons cocoa powder unsweetened

- 1.5 teaspoons vanilla extract
- 0.5 cup sugar white

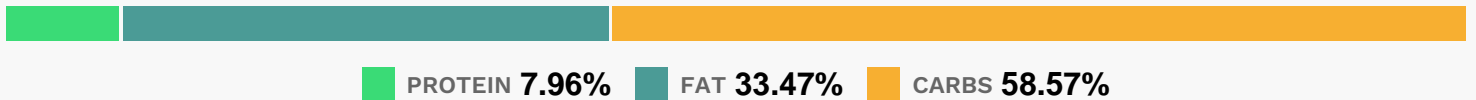
## Equipment

- bowl
- oven
- wire rack
- muffin tray

## Directions

- Preheat oven to 425 degrees F (220 degrees C). Lightly grease a 12-cup muffin tin.
- In a medium bowl blend the banana, oil, egg and vanilla together.
- In a large bowl, combine the flour, sugar, cocoa, baking powder and salt. Stir in the banana mixture until just blended. Fold in the chocolate chips. Spoon the batter into the prepared muffin tin, filling 3/4 full.
- Bake in the preheated oven for 15 to 20 minutes.
- Remove muffins to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:25.99, Glycemic Load:20.85, Inflammation Score:-4, Nutrition Score:10.897391391837%

## Flavonoids

Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 272.39kcal (13.62%), Fat: 10.36g (15.94%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 37.37g (13.59%), Sugar: 17.6g (19.55%), Cholesterol: 14.54mg (4.85%), Sodium: 211.27mg (9.19%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Caffeine: 14.82mg (4.94%), Protein: 5.55g (11.1%),

Manganese: 0.6mg (29.84%), Copper: 0.41mg (20.42%), Selenium: 13.85µg (19.78%), Vitamin B1: 0.29mg (19.29%), Vitamin E: 2.79mg (18.58%), Magnesium: 67.7mg (16.93%), Folate: 62.64µg (15.66%), Phosphorus: 152.14mg (15.21%), Iron: 2.67mg (14.86%), Fiber: 3.44g (13.78%), Vitamin B6: 0.22mg (11.25%), Vitamin B3: 2.19mg (10.93%), Vitamin B2: 0.18mg (10.47%), Calcium: 81.72mg (8.17%), Potassium: 274.9mg (7.85%), Zinc: 1.06mg (7.09%), Vitamin B5: 0.37mg (3.73%), Vitamin C: 2.55mg (3.09%), Vitamin K: 1.32µg (1.25%)