



Chocolate Chip-Banana Muffins



Gluten Free



Dairy Free



Low Fod Map

READY IN



27 min.

SERVINGS



12

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 1.3 cups banana very ripe mashed (2 to 3 medium)
- 0.3 cup sugar
- 3 tablespoons vegetable oil
- 0.3 cup semisweet chocolate chips miniature
- 2 cups frangelico

Equipment

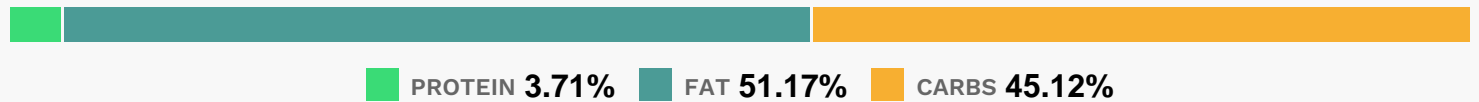
- bowl

- oven
- muffin liners

Directions

- Heat oven to 400°F.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- Beat egg slightly in medium bowl; stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
- Bake about 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:5.61, Inflammation Score:-1, Nutrition Score:2.3586956573569%

Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.65kcal (5.43%), Fat: 6.34g (9.75%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 11.64g (4.23%), Sugar: 9.88g (10.97%), Cholesterol: 14.03mg (4.68%), Sodium: 6.08mg (0.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.65mg (1.88%), Protein: 1.03g (2.07%), Manganese: 0.13mg (6.53%), Vitamin K: 6.81µg (6.49%), Copper: 0.1mg (4.86%), Magnesium: 16.23mg (4.06%), Fiber: 0.93g (3.73%), Vitamin B6: 0.07mg (3.29%), Iron: 0.52mg (2.91%), Potassium: 98.37mg (2.81%), Phosphorus: 27.78mg (2.78%), Selenium: 1.87µg (2.67%), Vitamin E: 0.37mg (2.47%), Vitamin B2: 0.03mg (1.91%), Vitamin C: 1.36mg (1.65%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.13mg (1.28%), Folate: 4.85µg (1.21%)