

Chocolate Chip Banana Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1.3 cups banana ripe mashed (2 to 3 medium)
- 0.5 cup brown sugar packed
- 0.5 cup chocolate chips miniature
- 2 eggs lightly beaten
- 0.3 cup skim milk fat-free
- 0.8 cup flour all-purpose
- 0.3 cup pecans chopped

- 0.5 teaspoon salt
- 0.3 cup apple sauce unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup wheat bran
- 0.8 cup flour whole wheat

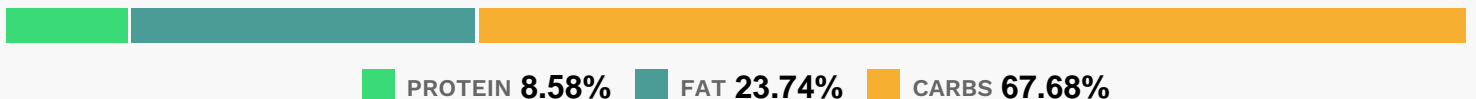
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- In a large bowl, combine the first seven ingredients. In another bowl, combine the eggs, milk, bananas, applesauce and vanilla. Stir into dry ingredients just until moistened. Fold in chocolate chips.
- Coat muffin cups with cooking spray; fill three-fourths full with batter.
- Sprinkle with pecans.
- Bake at 375° for 18–22 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:6.56, Inflammation Score:-3, Nutrition Score:7.363043487072%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 183.6kcal (9.18%), Fat: 5.06g (7.79%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 29.41g (10.7%), Sugar: 16.76g (18.62%), Cholesterol: 28.56mg (9.52%), Sodium: 221.49mg (9.63%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 4.11g (8.23%), Manganese: 0.83mg (41.41%), Selenium: 11.93µg (17.04%), Fiber: 3.05g (12.2%), Phosphorus: 99.68mg (9.97%), Vitamin B1: 0.14mg (9.62%), Magnesium: 37.58mg (9.39%), Vitamin B6: 0.15mg (7.7%), Iron: 1.35mg (7.49%), Vitamin B2: 0.12mg (7.27%), Folate: 27.35µg (6.84%), Vitamin B3: 1.34mg (6.68%), Copper: 0.13mg (6.37%), Calcium: 55.55mg (5.55%), Potassium: 172.61mg (4.93%), Zinc: 0.71mg (4.74%), Vitamin B5: 0.36mg (3.6%), Vitamin C: 1.6mg (1.93%), Vitamin A: 82.03IU (1.64%), Vitamin E: 0.24mg (1.61%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.2µg (1.35%)