



Chocolate Chip Banana Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 bananas ripe mashed
- ☐ 0.3 cup buttermilk
- ☐ 0.8 cup granulated sugar
- ☐ 6 tablespoons milk low fat
- ☐ 1 cup pecans chopped
- ☐ 1 pinch salt
- ☐ 0.8 cup semi chocolate chips

☐

10 tablespoons butter unsalted melted ()

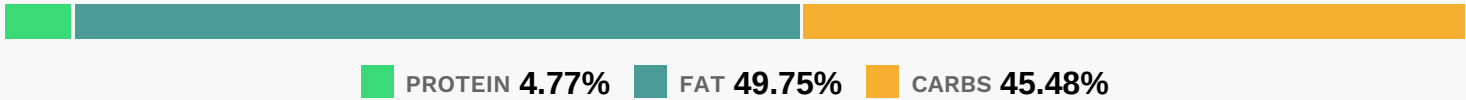
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400F for 15 minutes. Line the muffin tin with paper liners or grease the tin.In a medium size bowl combine together the milk, butter and buttermilk.In another large bowl sift together the flour, salt and baking powder.
- ☐ Add the sugar, chocolate chips and nuts to the flour mixture and stir well.Slowly stir in the wet ingredients to the dry ingredients, but do not overdo it.Fold in the mashed bananas.Fill each muffin cup with 3 tablespoons of batter.
- ☐ Bake for 20 minutes or until a toothpick inserted in the center of the muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:27.74, Glycemic Load:23.69, Inflammation Score:-5, Nutrition Score:9.071304290191%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 368.27kcal (18.41%), Fat: 20.89g (32.14%), Saturated Fat: 9.24g (57.72%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 39.86g (14.5%), Sugar: 21.24g (23.6%), Cholesterol: 26.68mg (8.89%), Sodium: 49.98mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 4.51g (9.02%), Manganese: 0.78mg (39.05%), Vitamin B1: 0.24mg (16.23%), Copper: 0.31mg (15.33%), Selenium: 9.18µg (13.12%), Fiber: 3.1g (12.41%), Folate: 46.77µg (11.69%), Iron: 2.03mg (11.28%), Magnesium: 45.06mg (11.27%), Phosphorus: 105.48mg (10.55%), Vitamin B2: 0.17mg (9.84%), Vitamin B3: 1.64mg (8.22%), Vitamin B6: 0.15mg (7.35%), Potassium: 250.72mg (7.16%), Vitamin A: 344.09IU (6.88%), Zinc: 0.96mg (6.42%), Calcium: 55.65mg (5.56%), Vitamin B5: 0.36mg (3.61%), Vitamin E: 0.51mg (3.41%), Vitamin C: 2.67mg (3.23%), Vitamin D: 0.32µg (2.15%), Vitamin K: 2.18µg (2.07%), Vitamin B12: 0.11µg (1.81%)