



Chocolate Chip Banana Muffins (White Whole Wheat Flour)

READY IN



30 min.

SERVINGS



12

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup banana very ripe mashed (2 medium)
- 0.5 cup brown sugar packed
- 0.3 cup milk
- 0.3 cup vegetable oil
- 1 eggs
- 1.5 cups flour whole wheat white
- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt

- 0.5 cup semisweet chocolate chips miniature
- 2 tablespoons granulated sugar

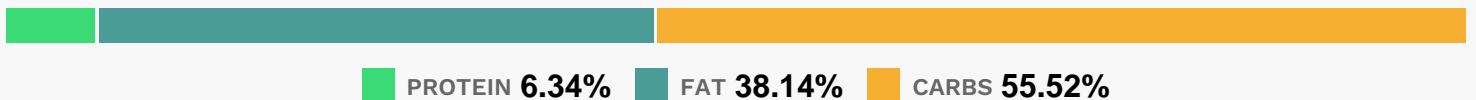
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray, or place paper baking cup in each muffin cup.
- In large bowl, beat bananas, brown sugar, milk, oil and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking powder and salt just until flour is moistened. Fold miniature chocolate chips into batter.
- Divide batter evenly among muffin cups; sprinkle each with 1/2 teaspoon sugar.
- Bake 13 to 18 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:21.24, Glycemic Load:3.11, Inflammation Score:-1, Nutrition Score:3.8965218067169%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.59kcal (10.53%), Fat: 9.18g (14.13%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 27.46g (9.99%), Sugar: 16.37g (18.19%), Cholesterol: 15.04mg (5.01%), Sodium: 196.71mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.48mg (2.83%), Protein: 3.43g (6.87%), Fiber: 2.62g (10.46%), Vitamin K: 9.16µg (8.72%), Manganese: 0.17mg (8.6%), Calcium: 83.78mg (8.38%), Copper: 0.14mg (7%), Iron: 1.23mg (6.84%), Phosphorus: 61.11mg (6.11%), Magnesium: 23.03mg (5.76%), Potassium: 144.79mg (4.14%), Selenium: 2.33µg (3.33%), Vitamin E: 0.48mg (3.23%), Vitamin B6: 0.06mg (3.17%), Zinc: 0.36mg (2.39%), Vitamin B2: 0.04mg (2.38%), Vitamin B5: 0.16mg (1.65%), Vitamin B12: 0.09µg (1.45%), Vitamin C: 1.09mg (1.32%), Folate: 4.32µg (1.08%)