



Chocolate Chip Banana Nut Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



385 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 bananas mashed
- ☐ 1 tablespoon butter or as needed for greasing,
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup ground flax
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup cooking oats quick

- ☐ 1 teaspoon salt
- ☐ 0.8 cup semi chocolate chips miniature
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup walnuts chopped
- ☐ 0.3 cup wheat germ
- ☐ 0.8 cup sugar white

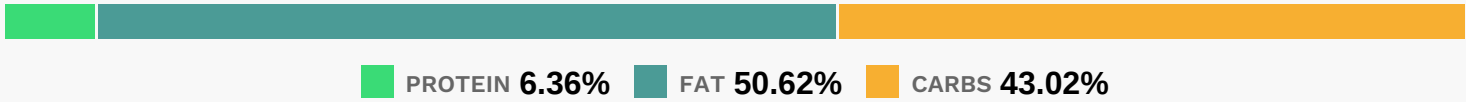
Equipment

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease 12 muffin cups with butter or line with paper muffin liners.
- ☐ Stir sugar, oil, mayonnaise, and eggs together until creamy and light yellow.
- ☐ Mix in bananas until incorporated.
- ☐ Stir flour, oats, flax, wheat germ, baking soda, baking powder, and salt into banana mixture until smooth.
- ☐ Mix in chocolate chips and walnuts. Spoon batter into prepared pans.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:42.41, Glycemic Load:20.69, Inflammation Score:-5, Nutrition Score:12.24608690324%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

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: 385.08kcal (19.25%), Fat: 22.25g (34.22%), Saturated Fat: 6.03g (37.66%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 38.21g (13.89%), Sugar: 21.88g (24.31%), Cholesterol: 32.64mg (10.88%), Sodium: 371.57mg (16.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.72mg (4.24%), Protein: 6.29g (12.58%), Manganese: 1.16mg (58.21%), Copper: 0.42mg (21.1%), Magnesium: 77.37mg (19.34%), Selenium: 12.65µg (18.07%), Vitamin B1: 0.26mg (17.5%), Fiber: 4.34g (17.34%), Vitamin K: 17.76µg (16.92%), Phosphorus: 164.43mg (16.44%), Iron: 2.51mg (13.94%), Folate: 51.32µg (12.83%), Vitamin B6: 0.22mg (11.07%), Vitamin B2: 0.16mg (9.57%), Zinc: 1.4mg (9.37%), Potassium: 307.89mg (8.8%), Vitamin B3: 1.47mg (7.35%), Vitamin E: 0.84mg (5.59%), Calcium: 55.38mg (5.54%), Vitamin B5: 0.47mg (4.74%), Vitamin C: 2.68mg (3.25%), Vitamin A: 99.52IU (1.99%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.16µg (1.04%)