



Chocolate Chip Cookie Banana Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 medium bananas ripe
- 0.3 cup firmly brown sugar light packed
- 1 Tbsp calumet baking powder
- 20 chocolate chip cookie mix divided crushed (2 inch)
- 1 eggs
- 1.3 cups flour
- 0.5 cup milk
- 3 Tbsp oil

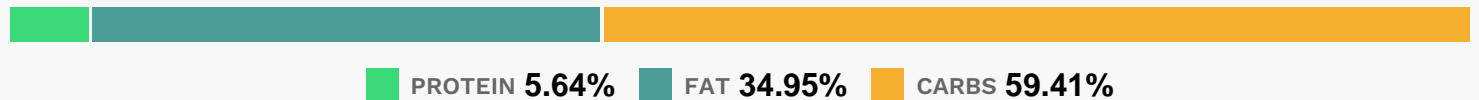
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 400F.
- Remove 1/2 cup of the crushed cookies; set aside for the topping. Mash bananas with fork in large bowl.
- Add egg, milk and oil; mix well. Stir in combined flour, sugar and baking powder just until moistened. Stir in remaining crushed cookies.
- Spoon evenly into 12 medium muffin cups sprayed with cooking spray.
- Sprinkle with reserved crushed cookies.
- Bake 20 min. or until toothpick inserted in centers come out clean.
- Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:25.7, Glycemic Load:15.59, Inflammation Score:-2, Nutrition Score:4.8469564914703%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg 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: 223.15kcal (11.16%), Fat: 8.78g (13.52%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 32.23g (11.72%), Sugar: 14.8g (16.45%), Cholesterol: 16.33mg (5.44%), Sodium: 183.05mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin B1: 0.18mg (11.73%), Folate: 41.83µg

(10.46%), Selenium: 6µg (8.58%), Vitamin B2: 0.14mg (8.38%), Calcium: 81.33mg (8.13%), Manganese: 0.15mg (7.37%), Phosphorus: 67.06mg (6.71%), Vitamin B3: 1.29mg (6.43%), Iron: 1.09mg (6.07%), Fiber: 1.38g (5.51%), Vitamin B6: 0.09mg (4.64%), Vitamin E: 0.68mg (4.56%), Magnesium: 16.7mg (4.18%), Potassium: 146.34mg (4.18%), Vitamin K: 2.67µg (2.55%), Vitamin B5: 0.22mg (2.25%), Vitamin C: 1.71mg (2.07%), Zinc: 0.3mg (2.02%), Copper: 0.04mg (1.99%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.19µg (1.23%)