



Colombian Chocolate Chunk and Banana Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups bananas mashed
- ☐ 4 ounces colombian bittersweet chocolate coarsely chopped
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 teaspoon salt

- ☐ 8 tablespoons butter unsalted melted
- ☐ 0.3 cup cocoa powder unsweetened sifted
- ☐ 1 taespoon of vanilla extract
- ☐ 0.5 cup milk whole

Equipment

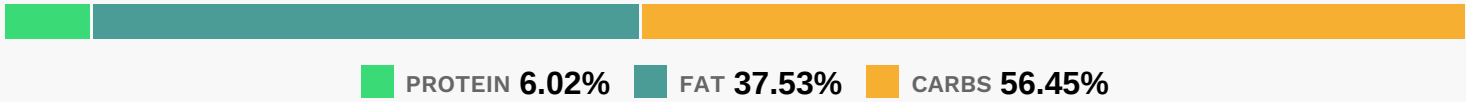
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F. Butter or spray the 12 molds in a regular-size muffin pan or fit with paper muffin cups.
- ☐ Place the muffin pan on a baking sheet.In a large bowl, mix the flour, sugar, baking powder, baking soda, cocoa and salt. Melt the butter and half the chopped chocolate together in a bowl over a saucepan of simmering water.
- ☐ Remove from the heat.In a separate mixing bowl, combine the mashed bananas, egg, melted butter mixture and milk until combined.
- ☐ Pour the liquid ingredients over the dry ingredients and, with the a rubber spatula, gently stir to blend. Do not over mix the batter. Stir in the remaining chopped chocolate. Divide the batter evenly among the muffin cups filling each about 3/4 full.
- ☐ Bake the muffins until a knife inserted into the center of the muffins comes out clean, about 25 minutes.

- ☐ Transfer the pan to a rack and cool for 10 minutes.
- ☐ Remove from the muffin tins.

Nutrition Facts



Properties

Glycemic Index:27.49, Glycemic Load:23.84, Inflammation Score:-5, Nutrition Score:8.4508695343266%

Flavonoids

Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 291.9kcal (14.59%), Fat: 12.6g (19.39%), Saturated Fat: 7.46g (46.64%), Carbohydrates: 42.65g (14.22%), Net Carbohydrates: 39.47g (14.35%), Sugar: 19.75g (21.95%), Cholesterol: 37.35mg (12.45%), Sodium: 213.21mg (9.27%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 13.62mg (4.54%), Protein: 4.55g (9.09%), Manganese: 0.46mg (23.15%), Selenium: 10.21µg (14.58%), Copper: 0.27mg (13.66%), Fiber: 3.18g (12.72%), Vitamin B1: 0.19mg (12.53%), Folate: 48.63µg (12.16%), Iron: 2.18mg (12.14%), Phosphorus: 115.53mg (11.55%), Magnesium: 45.45mg (11.36%), Vitamin B2: 0.18mg (10.54%), Calcium: 89.91mg (8.99%), Vitamin B6: 0.17mg (8.32%), Vitamin B3: 1.63mg (8.14%), Potassium: 270.23mg (7.72%), Vitamin A: 300.93IU (6.02%), Zinc: 0.72mg (4.8%), Vitamin C: 3.26mg (3.95%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.34µg (2.23%), Vitamin B12: 0.12µg (2.08%), Vitamin K: 1.69µg (1.61%)