



Cream Cheese-Banana-Nut Muffins

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups bananas unpeeled mashed ()
- ☐ 0.8 cup butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup pecans toasted chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract

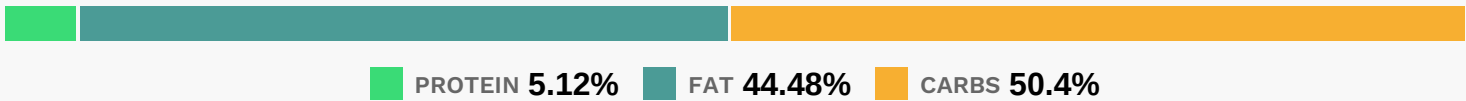
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add sugar, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Combine flour and next 3 ingredients; gradually add to butter mixture, beating at low speed just until blended. Stir in bananas, pecans, and vanilla. Spoon evenly into 24 paper-lined muffin cups.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove from pans, and cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:25.26, Glycemic Load:35.2, Inflammation Score:-5, Nutrition Score:7.992608681969%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 408.19kcal (20.41%), Fat: 20.68g (31.81%), Saturated Fat: 9.61g (60.06%), Carbohydrates: 52.72g (17.57%), Net Carbohydrates: 50.76g (18.46%), Sugar: 30.33g (33.7%), Cholesterol: 64.47mg (21.49%), Sodium: 259.06mg (11.26%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 5.36g (10.72%), Manganese: 0.56mg (28.17%), Selenium: 12.6µg (18%), Vitamin B1: 0.26mg (17.19%), Folate: 56.68µg (14.17%), Vitamin B2: 0.22mg (13.16%), Vitamin A: 541.16IU (10.82%), Phosphorus: 87.11mg (8.71%), Iron: 1.57mg (8.7%), Vitamin B3: 1.73mg (8.67%), Fiber: 1.96g (7.83%), Copper: 0.15mg (7.52%), Vitamin B6: 0.13mg (6.45%), Magnesium: 22.81mg (5.7%), Potassium: 169.75mg (4.85%), Zinc: 0.71mg (4.75%), Vitamin B5: 0.45mg (4.48%), Vitamin E: 0.6mg (4.02%), Calcium: 39.25mg (3.92%), Vitamin C: 2.04mg (2.47%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.57µg (1.5%)