



Dulce de Leche Chocolate Banana Muffins

 Popular

READY IN



45 min.

SERVINGS



14

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 medium over bananas ripe
- ☐ 1.5 cups chocolate chips mini
- ☐ 0.3 cup dulce de leche prepared
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 0.3 teaspoon kosher salt
- ☐ 6 tablespoons butter unsalted softened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract pure

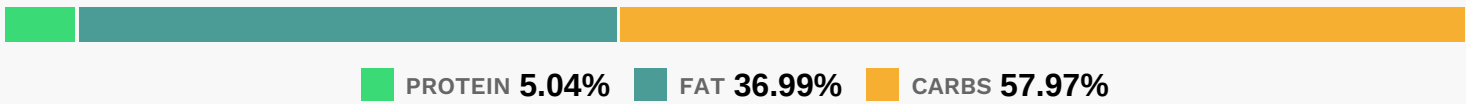
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F and line a 12 cup muffin tin with liners.In a large mixing bowl, cream the butter and sugar.
- ☐ Add mashed bananas, dulce de leche, vanilla and egg.
- ☐ Mix to combine.
- ☐ Add flour, cocoa, baking soda, baking powder, salt and chocolate chips.
- ☐ Mix to combine.Fill muffin liners 3/4 full with batter and bake for 18–22 minutes or until baked through.
- ☐ Let cool for 15 minutes and enjoy.

Nutrition Facts



Properties

Glycemic Index:23.85, Glycemic Load:14.02, Inflammation Score:-3, Nutrition Score:4.2473913068357%

Flavonoids

Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 239.02kcal (11.95%), Fat: 10.1g (15.53%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 33.55g (12.2%), Sugar: 22.36g (24.85%), Cholesterol: 27.48mg (9.16%), Sodium: 169.1mg (7.35%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Caffeine: 3.53mg (1.18%), Protein: 3.1g (6.2%), Manganese: 0.21mg (10.26%), Fiber: 2.05g (8.19%), Selenium: 5.32µg (7.61%), Folate: 27.63µg (6.91%), Vitamin B1: 0.1mg (6.55%), Iron: 1.13mg (6.26%), Vitamin B2: 0.1mg (5.6%), Vitamin B6: 0.11mg (5.25%), Copper: 0.1mg (4.89%), Calcium: 47.38mg (4.74%), Vitamin A: 226.29IU (4.53%), Magnesium: 17.54mg (4.38%), Vitamin B3: 0.87mg (4.33%), Phosphorus: 42.82mg (4.28%), Potassium: 132mg (3.77%), Vitamin C: 2.32mg (2.81%), Vitamin B5: 0.19mg (1.92%), Zinc: 0.27mg (1.78%), Vitamin E: 0.21mg (1.37%), Vitamin D: 0.15µg (1.02%)