



Easy Banana Muffin

 Vegetarian

READY IN



39 min.

SERVINGS



39

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 tsp baking soda
- 1 cup fully bananas ripe mashed (3)
- 2 tsp calumet baking powder
- 0.8 cup knudsen cream light sour
- 1 eggs
- 1.5 cups flour
- 0.3 tsp ground cinnamon
- 3 Tbsp oil

- 0.3 tsp salt
- 0.5 cup sugar divided

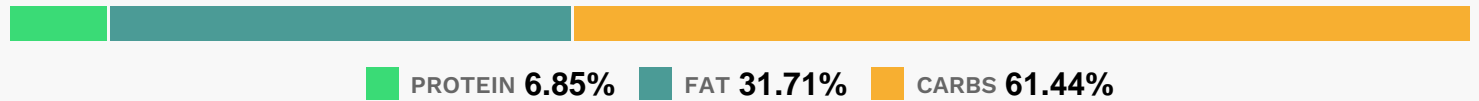
Equipment

- bowl
- frying pan
- oven
- toothpicks
- muffin liners

Directions

- Heat oven to 350F.
- Combine flour, 1/2 cup sugar, baking powder, baking soda and salt; set aside.
- Mix egg, bananas, sour cream and oil in large bowl.
- Add dry ingredients; stir just until moistened. (Batter will be lumpy.)
- Spoon into 12 paper-lined muffin cups.
- Mix remaining sugar and cinnamon; sprinkle over batter.
- Bake 22 to 24 min. or until toothpick inserted in centers comes out clean. Cool in pan 5 min.
- Remove to wire racks; cool.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:1.266521739571%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg

Nutrients (% of daily need)

Calories: 48.12kcal (2.41%), Fat: 1.72g (2.65%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.27g (2.64%), Sugar: 3.06g (3.39%), Cholesterol: 5.74mg (1.91%), Sodium: 63.66mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.67%), Selenium: 2.17µg (3.1%), Vitamin B1: 0.04mg (2.74%), Folate: 10.59µg (2.65%), Manganese: 0.05mg (2.33%), Calcium: 23.05mg (2.31%), Vitamin B2: 0.04mg (2.21%), Phosphorus: 17.04mg (1.7%), Iron: 0.29mg (1.59%), Vitamin B3: 0.31mg (1.57%), Vitamin E: 0.22mg (1.47%)