



Easy Banana Muffins



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 bananas mashed
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup canola oil
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar white
- ☐ 0.8 cup flour whole wheat

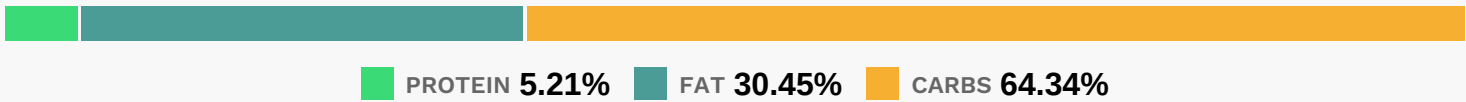
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray 16 muffin cups with cooking spray.
- ☐ Sift all-purpose flour, whole wheat flour, baking powder, baking soda, and salt together in a large bowl.
- ☐ Mix bananas, white sugar, canola oil, brown sugar, and egg together in a separate large bowl; fold banana mixture into flour mixture until just incorporated. Scoop batter into prepared muffin cups.
- ☐ Bake in the preheated oven until muffins spring back when lightly tapped in the middle, 14 to 16 minutes.

Nutrition Facts



Properties

Glycemic Index:18.24, Glycemic Load:10.93, Inflammation Score:-2, Nutrition Score:4.3113043813602%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 149.15kcal (7.46%), Fat: 5.24g (8.07%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 23.4g (8.51%), Sugar: 13.22g (14.69%), Cholesterol: 10.23mg (3.41%), Sodium: 173.03mg (7.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Manganese: 0.35mg (17.59%), Selenium: 6.68µg (9.55%), Vitamin B6: 0.14mg (6.99%), Vitamin E: 0.92mg (6.12%), Fiber: 1.53g (6.11%), Vitamin B1: 0.08mg (5.63%),

Folate: 20.42µg (5.11%), Magnesium: 17.67mg (4.42%), Phosphorus: 43.96mg (4.4%), Vitamin B2: 0.07mg (4.32%),
Vitamin B3: 0.83mg (4.13%), Potassium: 140.86mg (4.02%), Iron: 0.65mg (3.64%), Vitamin K: 3.61µg (3.44%),
Vitamin C: 2.57mg (3.11%), Copper: 0.06mg (2.93%), Calcium: 23.46mg (2.35%), Vitamin B5: 0.2mg (2.05%), Zinc:
0.27mg (1.79%)