



Easy Whole Wheat Banana Muffins

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons baking soda
- 1 cup bananas mashed
- 1 cup creamy salad dressing miracle whip® (such as)
- 0.5 teaspoon salt
- 0.8 cup sugar white
- 2 cups flour whole wheat

Equipment

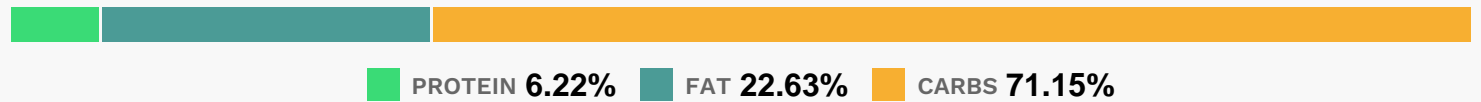
- bowl

- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix bananas, salad dressing, and sugar in a large bowl until smooth. Stir flour, baking soda, and salt into banana mixture until batter is just moistened. Divide batter evenly into 24 muffin cups.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 17 minutes.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:5.4, Inflammation Score:-1, Nutrition Score:3.3513043814379%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.91kcal (4.5%), Fat: 2.37g (3.64%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 15.43g (5.61%), Sugar: 8.48g (9.42%), Cholesterol: 0mg (0%), Sodium: 237.24mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Manganese: 0.44mg (21.77%), Selenium: 6.51µg (9.3%), Vitamin K: 5.72µg (5.45%), Fiber: 1.31g (5.26%), Magnesium: 16.72mg (4.18%), Vitamin B6: 0.08mg (4.07%), Phosphorus: 39.23mg (3.92%), Vitamin B1: 0.06mg (3.67%), Vitamin B3: 0.57mg (2.85%), Copper: 0.05mg (2.53%), Iron: 0.41mg (2.3%), Potassium: 78.22mg (2.23%), Vitamin E: 0.29mg (1.97%), Zinc: 0.28mg (1.88%), Folate: 6.28µg (1.57%), Vitamin B2: 0.02mg (1.44%), Vitamin C: 0.85mg (1.04%)