



Flourless Chocolate Peanut Butter Muffins



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 medium overripe banana
- ☐ 1 large eggs
- ☐ 3 tablespoons honey
- ☐ 0.5 cup chocolate peanut butter store-bought canned (you can also use regular peanut butter. Make sure to use the and not natural/homemade ones)
- ☐ 1 cup semi-sweet chocolate chips
- ☐ 1 tsp vanilla extract

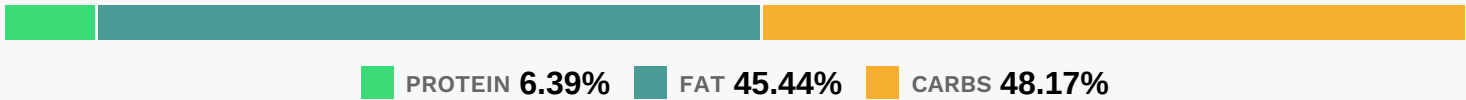
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350F and line 6 muffin/cupcake tins with liners.
- ☐ Combine peanut butter, egg, honey, vanilla, baking soda and ripe banana into a large mixing bowl.
- ☐ Mix with a whisk until batter is smooth and banana completely blended in. Stir in chocolate chips.
- ☐ Add batter to cupcake liners, about 3/4 full.
- ☐ Bake for about 20 minutes or until toothpick inserted comes out clean and muffin tops are puffy. Muffins will initially be puffy but will likely collapse slightly after they cool.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:11.32, Inflammation Score:-3, Nutrition Score:7.8526086962741%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg 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: 310.09kcal (15.5%), Fat: 15.92g (24.49%), Saturated Fat: 9.28g (57.99%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 34.62g (12.59%), Sugar: 30.18g (33.53%), Cholesterol: 32.75mg (10.92%), Sodium: 91.42mg (3.97%), Alcohol: 0.24g (100%), Alcohol %: 0.36% (100%), Caffeine: 25.08mg (8.36%), Protein: 5.04g (10.08%),

Manganese: 0.62mg (31.21%), Copper: 0.45mg (22.69%), Magnesium: 71.72mg (17.93%), Fiber: 3.34g (13.34%), Phosphorus: 129.55mg (12.96%), Iron: 2.16mg (12.01%), Potassium: 310.02mg (8.86%), Selenium: 5.41µg (7.74%), Zinc: 1.11mg (7.43%), Vitamin B3: 1.35mg (6.73%), Vitamin B2: 0.11mg (6.23%), Vitamin B6: 0.12mg (5.81%), Folate: 16.68µg (4.17%), Vitamin B5: 0.38mg (3.84%), Calcium: 35.25mg (3.53%), Vitamin B1: 0.05mg (3.14%), Vitamin K: 3.15µg (3%), Vitamin E: 0.43mg (2.9%), Vitamin B12: 0.14µg (2.4%), Vitamin C: 1.76mg (2.14%), Vitamin A: 72.17IU (1.44%), Vitamin D: 0.17µg (1.11%)