



Flourless Nutella Muffins



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 medium overripe banana
- ☐ 1 large eggs
- ☐ 0.3 cup nutella

Equipment

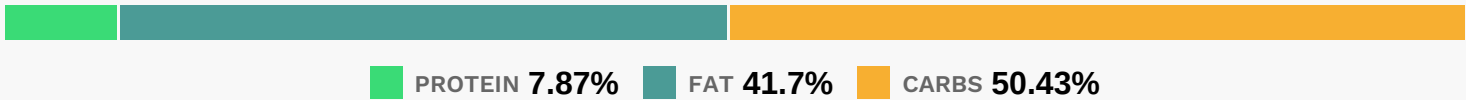
- ☐ oven
- ☐ whisk

- ☐ toothpicks
- ☐ muffin liners
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 350F. Line mini muffin pan with mini muffin cups. You can also make full sized ones.
- ☐ Combine all ingredients together and whisk by hand until banana is completely mashed and blended into the batter and no chunks remain. If your banana is not extremely ripe, you may want to food process it first.
- ☐ Pour batter about 2/3 full into each muffin liner.
- ☐ Bake for about 10 minutes for minis and about 20 minutes for full-sized ones, until toothpick inserted comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:1.5486956504376%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg 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: 48.49kcal (2.42%), Fat: 2.29g (3.52%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 5.62g (2.05%), Sugar: 4.59g (5.1%), Cholesterol: 15.5mg (5.17%), Sodium: 49.04mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Manganese: 0.08mg (4.1%), Vitamin E: 0.36mg (2.42%), Vitamin B6: 0.05mg (2.41%), Fiber: 0.59g (2.37%), Phosphorus: 23.57mg (2.36%), Selenium: 1.6µg (2.29%), Iron: 0.39mg (2.17%), Vitamin B2: 0.04mg (2.17%), Copper: 0.04mg (2%), Calcium: 19.37mg (1.94%), Potassium: 66.42mg (1.9%), Magnesium: 7.2mg (1.8%), Folate: 4.8µg (1.2%), Vitamin B5: 0.12mg (1.19%), Vitamin C: 0.86mg (1.04%)