



Gluten-Free Banana Chocolate Chip Muffins

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder gluten-free
- 1 teaspoon baking soda
- 1 cup banana ripe mashed (2 medium)
- 0.7 cup brown sugar packed
- 0.5 cup canola oil melted
- 2 eggs
- 0.3 cup bob's mill garbanzo bean flour
- 0.3 cup vanilla almond milk

- 0.5 cup potato flour
- 0.5 cup rice flour white
- 0.5 teaspoon salt
- 0.5 cup semisweet chocolate chips miniature
- 0.3 cup sorghum flour sweet white
- 0.5 cup tapioca flour
- 2 teaspoons vanilla pure
- 0.5 teaspoon xanthan gum

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350F. Spray 16 regular-size muffin cups with cooking spray (without flour).
- In small bowl, mix flours, xanthan gum, baking powder, baking soda and salt with whisk; set aside. In medium bowl, beat eggs, oil, milk, bananas, brown sugar and vanilla with electric mixer on medium speed until well blended. Gradually add flour mixture, beating until well blended. Stir in chocolate chips. Divide batter evenly among muffin cups, filling each about three-fourths full.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack.
- Serve warm.

Nutrition Facts

■ PROTEIN 5.76% ■ FAT 26.6% ■ CARBS 67.64%

Properties

Glycemic Index:17.24, Glycemic Load:4.28, Inflammation Score:-2, Nutrition Score:3.9739130605822%

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: 171.32kcal (8.57%), Fat: 5.11g (7.86%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 27.57g (10.02%), Sugar: 13.26g (14.73%), Cholesterol: 20.9mg (6.97%), Sodium: 190.64mg (8.29%), Alcohol: 0.17g (100%), Alcohol %: 0.36% (100%), Caffeine: 6.36mg (2.12%), Protein: 2.49g (4.98%), Manganese: 0.26mg (13.07%), Copper: 0.15mg (7.3%), Magnesium: 27.52mg (6.88%), Fiber: 1.66g (6.64%), Phosphorus: 63.45mg (6.34%), Vitamin B6: 0.13mg (6.31%), Iron: 0.96mg (5.34%), Selenium: 3.71µg (5.3%), Potassium: 172.67mg (4.93%), Calcium: 40.04mg (4%), Folate: 14.66µg (3.67%), Vitamin B3: 0.58mg (2.88%), Zinc: 0.43mg (2.87%), Vitamin B1: 0.04mg (2.68%), Vitamin E: 0.4mg (2.66%), Vitamin B2: 0.04mg (2.51%), Vitamin B5: 0.24mg (2.44%), Vitamin K: 1.88µg (1.79%), Vitamin C: 1.01mg (1.22%), Vitamin B12: 0.06µg (1.04%)