



Gritty Banana Mango Corn Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



229 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 bananas very ripe mashed
- ☐ 3 tablespoons brown sugar
- ☐ 1 cup buttermilk
- ☐ 1 cup cornmeal
- ☐ 1 cup couscous
- ☐ 0.5 cup mangos dried chopped
- ☐ 2 eggs

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

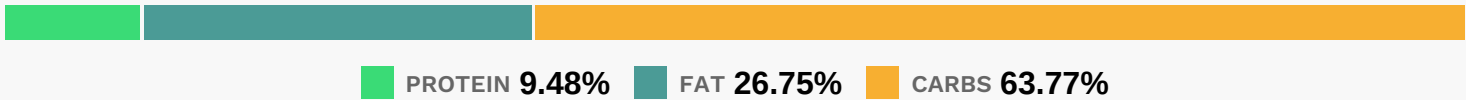
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Whisk together the cornmeal, couscous, brown sugar, baking powder, baking soda, and salt in a bowl. Stir in the dried mango.
- ☐ Whisk together the mashed bananas, eggs, vegetable oil, vanilla extract, and buttermilk. Stir the cornmeal mixture into the banana mixture, and let the batter rest until the couscous absorbs some of the moisture, about 5 minutes. Spoon the batter into ungreased muffin cups, filling them 2/3 full.
- ☐ Bake in the preheated oven until lightly browned, and a toothpick inserted into the center comes out clean, about 15 minutes. Cool in the pans for 10 minutes before removing.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:15.11, Inflammation Score:-7, Nutrition Score:6.68956510917%

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: 229.21kcal (11.46%), Fat: 6.84g (10.52%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 33.68g (12.25%), Sugar: 11.75g (13.05%), Cholesterol: 29.48mg (9.83%), Sodium: 257.88mg (11.21%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 5.45g (10.9%), Vitamin A: 1122.82IU (22.46%), Manganese: 0.26mg (12.82%), Fiber: 3g (12%), Phosphorus: 97.61mg (9.76%), Vitamin B6: 0.19mg (9.36%), Vitamin K: 8.56µg (8.15%), Magnesium: 29.11mg (7.28%), Iron: 1.26mg (7%), Vitamin B2: 0.11mg (6.24%), Calcium: 59.7mg (5.97%), Selenium: 4.02µg (5.74%), Vitamin B1: 0.08mg (5.45%), Vitamin B5: 0.52mg (5.16%), Potassium: 178.69mg (5.11%), Vitamin B3: 0.99mg (4.95%), Zinc: 0.73mg (4.88%), Copper: 0.1mg (4.75%), Vitamin C: 3.27mg (3.96%), Folate: 15.8µg (3.95%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.41µg (2.71%), Vitamin B12: 0.16µg (2.62%)