



WHATSheATE



Healthier Banana Crumb Muffins



Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 bananas mashed
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 1 eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar white

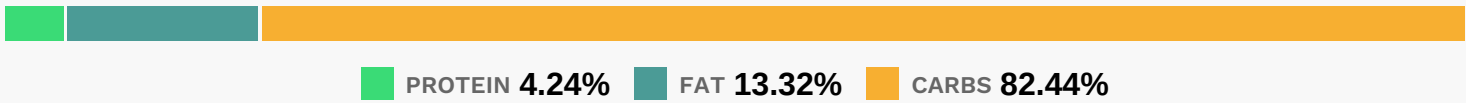
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease 10 muffin cups or line with muffin papers.
- ☐ Mix 1 1/2 cups flour, baking soda, baking powder, and salt in a large bowl. Beat bananas, sugar, egg, and melted butter in another bowl. Stir banana mixture into flour mixture just until moistened. Spoon batter into prepared muffin cups.
- ☐ Combine brown sugar, 2 tablespoons flour, and cinnamon in a small bowl. Blend in 1 tablespoon butter until mixture resembles coarse cornmeal.
- ☐ Sprinkle topping over muffins.
- ☐ Bake in preheated oven until golden and tops spring back when lightly pressed, 18 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:9.64, Inflammation Score:-1, Nutrition Score:3.0013043478779%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 111.19kcal (5.56%), Fat: 1.74g (2.68%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 22.96g (8.35%), Sugar: 17.88g (19.87%), Cholesterol: 19.38mg (6.46%), Sodium: 285.97mg (12.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin B6: 0.18mg (9.22%), Manganese: 0.15mg (7.43%), Potassium: 187.05mg (5.34%), Fiber: 1.28g (5.13%), Vitamin C: 4.11mg (4.98%), Vitamin B2: 0.06mg (3.73%), Magnesium: 14.42mg (3.6%), Folate: 14.37µg (3.59%), Calcium: 35.35mg (3.53%), Selenium: 2.47µg (3.52%), Phosphorus: 30.13mg (3.01%), Vitamin B5: 0.24mg (2.43%), Copper: 0.05mg (2.31%), Vitamin B3: 0.41mg (2.07%), Iron: 0.37mg (2.06%), Vitamin B1: 0.03mg (1.88%), Vitamin A: 89.03IU (1.78%)