



Healthy Banana Chocolate Chip Oat Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana mashed
- ☐ 2 large eggs
- ☐ 1 cup rolled oats
- ☐ 0.5 cup semi-sweet chocolate chips
- ☐ 0.3 cup skim milk
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.5 cup sugar white

☐ 1.5 cups flour whole wheat

Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper liners.
- ☐ Stir whole wheat flour, rolled oats, sugar, baking powder, baking soda, and chocolate chips together in a bowl. Make a well in the center.
- ☐ Whisk eggs in a separate bowl until frothy; mix applesauce, skim milk, and banana into eggs.
- ☐ Pour moist ingredients into well made in dry ingredients; stir just to moisten. Batter will be lumpy. Fill prepared muffin cups about 3/4 full.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of several muffins comes out clean, 16 to 18 minutes. Cool in pan for 5 minutes before removing to finish cooling on wire racks.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:9.7, Inflammation Score:-3, Nutrition Score:8.5143479575282%

Flavonoids

Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 185.87kcal (9.29%), Fat: 4.5g (6.93%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 29.94g (10.89%), Sugar: 14.65g (16.28%), Cholesterol: 31.59mg (10.53%), Sodium: 177.7mg (7.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.27mg (2.09%), Protein: 4.77g (9.53%), Manganese: 1.01mg (50.4%), Selenium: 14.77µg (21.09%), Phosphorus: 141.41mg (14.14%), Fiber: 3.47g (13.89%), Magnesium: 49.87mg (12.47%), Copper: 0.2mg (10.15%), Iron: 1.58mg (8.8%), Vitamin B1: 0.12mg (8.22%), Vitamin B6: 0.16mg (7.95%), Zinc: 0.99mg (6.61%), Calcium: 65.14mg (6.51%), Potassium: 215.23mg (6.15%), Vitamin B2: 0.1mg (5.99%), Vitamin B3: 1.03mg (5.13%), Folate: 16.84µg (4.21%), Vitamin B5: 0.4mg (4.01%), Vitamin C: 1.73mg (2.1%), Vitamin E: 0.3mg (2%), Vitamin B12: 0.12µg (1.95%), Vitamin A: 75.36IU (1.51%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.11µg (1.06%)