



Jo Jo's Favorite Banana Muffins

READY IN



45 min.

SERVINGS



18

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup banana ripe mashed
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup butter
- 6 tablespoons milk
- 0.5 teaspoon salt

1 cup sugar white

Equipment

bowl

oven

muffin tray

Directions

In a medium bowl mix flour, baking powder, baking soda, salt, and cinnamon and set aside.

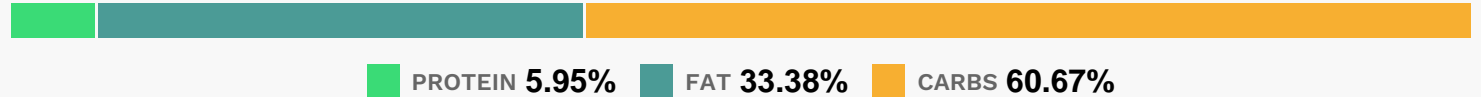
In a separate bowl cream margarine and sugar, add eggs and mix until smooth. Stir in milk and mashed banana and mix well.

Fold in flour mixture into the liquid ingredients until combined.

Fill greased muffin tins two-thirds of the way full.

Bake in a preheated 350 degree F (175 degrees C) oven for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:16.58, Inflammation Score:-3, Nutrition Score:3.4673912946297%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 156.65kcal (7.83%), Fat: 5.9g (9.08%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 23.48g (8.54%), Sugar: 12.4g (13.78%), Cholesterol: 18.79mg (6.26%), Sodium: 222.67mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Selenium: 6.46µg (9.23%), Vitamin B1: 0.12mg (7.8%), Folate: 29.45µg (7.36%), Manganese: 0.14mg (6.94%), Vitamin B2: 0.11mg (6.38%), Vitamin A: 265.71IU (5.31%), Calcium: 47.19mg (4.72%), Iron: 0.83mg (4.6%), Phosphorus: 45.26mg (4.53%), Vitamin B3: 0.89mg (4.44%), Fiber: 0.65g (2.61%), Vitamin B6: 0.05mg (2.44%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.27mg (1.79%), Potassium: 62.42mg (1.78%), Magnesium: 6.9mg (1.72%), Copper: 0.03mg (1.57%), Zinc: 0.2mg (1.31%), Vitamin B12: 0.08µg (1.28%), Vitamin D: 0.15µg (1.02%)