



Jumbo Chocolate Banana Muffins

READY IN



45 min.

SERVINGS



6

CALORIES



748 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 220 grams all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 6 servings chocolate banana muffins
- ☐ 2 large eggs
- ☐ 1.3 cups brown sugar light packed
- ☐ 0.7 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup semi chocolate chips

- ☐ 8 tablespoons butter unsalted cooled melted
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

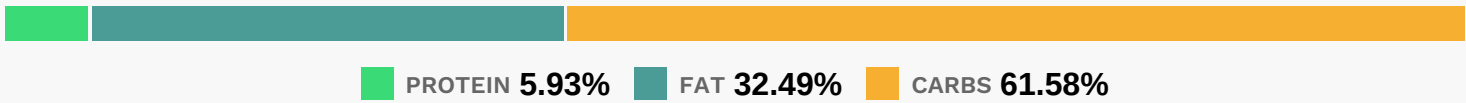
Equipment

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

Directions

- ☐ Heat oven to 375 degrees F. Line 6 jumbo muffin cups with paper liners
- ☐ Mix the flour, cocoa powder, baking soda, baking powder and salt together in a bowl. When thoroughly mixed, add the brown sugar and stir well, breaking up any lumps in the sugar.In a second bowl, mash the bananas, Stir in the eggs, milk and vanilla.
- ☐ Pour the egg mixture into the dry mixture and stir a few strokes, then pour the melted butter in over the egg mixture. Stir until ingredients are well mixed, being careful not to over-beat. Stir in the chocolate chips.Divide batter equally among muffin cups and bake for 23-26 minutes or until a toothpick inserted in center comes out clean.Makes 6

Nutrition Facts



Properties

Glycemic Index:43.3, Glycemic Load:34.83, Inflammation Score:-8, Nutrition Score:22.082608958949%

Flavonoids

Catechin: 13.88mg, Catechin: 13.88mg, Catechin: 13.88mg, Catechin: 13.88mg Epicatechin: 18.8mg, Epicatechin: 18.8mg, Epicatechin: 18.8mg, Epicatechin: 18.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 748.05kcal (37.4%), Fat: 28.3g (43.53%), Saturated Fat: 16.54g (103.38%), Carbohydrates: 120.66g (40.22%), Net Carbohydrates: 111.06g (40.39%), Sugar: 69.82g (77.58%), Cholesterol: 106.74mg (35.58%), Sodium: 598.92mg (26.04%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Caffeine: 41.33mg (13.78%), Protein: 11.61g (23.23%), Manganese: 1.29mg (64.66%), Copper: 0.83mg (41.58%), Fiber: 9.6g (38.41%), Magnesium: 139.39mg (34.85%), Selenium: 23.32µg (33.31%), Iron: 5.48mg (30.43%), Vitamin B6: 0.56mg (28.09%), Phosphorus: 277.3mg (27.73%), Folate: 104.21µg (26.05%), Potassium: 893.42mg (25.53%), Vitamin B2: 0.43mg (25.16%), Vitamin B1: 0.36mg (24.29%), Vitamin B3: 3.5mg (17.51%), Calcium: 162.61mg (16.26%), Vitamin A: 692.29IU (13.85%), Zinc: 2.05mg (13.67%), Vitamin C: 10.96mg (13.29%), Vitamin B5: 1.11mg (11.11%), Vitamin B12: 0.37µg (6.12%), Vitamin D: 0.91µg (6.08%), Vitamin E: 0.91mg (6.08%), Vitamin K: 4.04µg (3.84%)