



Lighter Banana Muffins



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 bananas very ripe mashed
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar white

Equipment

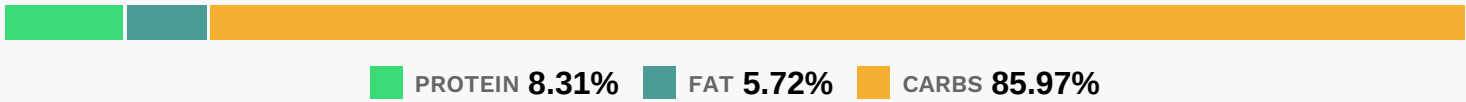
- ☐ bowl

- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease or line 10 muffin cups.
- ☐ In a medium bowl, combine eggs and bananas. In a separate bowl, mix together flour, salt, sugar and baking soda. Stir banana mixture into flour mixture. Fold in walnuts if desired.
- ☐ Pour batter into prepared muffin cups.
- ☐ Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:19.99, Glycemic Load:28.19, Inflammation Score:-3, Nutrition Score:5.8126086916613%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.84kcal (9.64%), Fat: 1.25g (1.92%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 42.15g (14.05%), Net Carbohydrates: 40.56g (14.75%), Sugar: 19.39g (21.54%), Cholesterol: 32.74mg (10.91%), Sodium: 355.49mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Selenium: 11.62µg (16.6%), Folate: 56.97µg (14.24%), Vitamin B1: 0.21mg (14.05%), Manganese: 0.27mg (13.49%), Vitamin B2: 0.19mg (11.32%), Vitamin B3: 1.72mg (8.59%), Iron: 1.42mg (7.86%), Vitamin B6: 0.16mg (7.79%), Fiber: 1.6g (6.38%), Phosphorus: 52.21mg (5.22%), Potassium: 165.97mg (4.74%), Magnesium: 16.12mg (4.03%), Vitamin C: 3.08mg (3.73%), Vitamin B5: 0.36mg (3.63%), Copper: 0.07mg (3.56%), Zinc: 0.34mg (2.29%), Vitamin A: 70.18IU (1.4%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%), Calcium: 10.74mg (1.07%)