



## Mango Muffins

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



18

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 cups flour all-purpose
- 1 cup sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 0.5 teaspoon salt
- 3 eggs lightly beaten
- 0.8 cup vegetable oil
- 1 tablespoon juice of lime

- 2 cups mangos diced ripe
- 1 medium banana ripe mashed
- 0.5 cup raisins
- 0.5 cup walnut pieces chopped

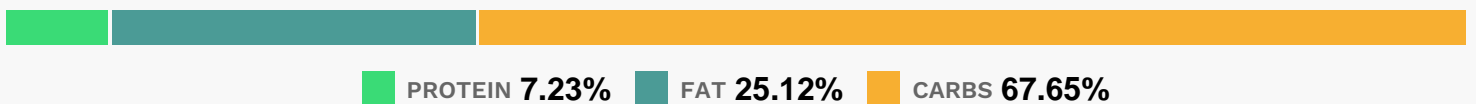
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- In a large bowl, combine the first five ingredients. In another bowl, combine the eggs, oil and lime juice; add to the dry ingredients just until moistened. Stir in the mango, banana, raisins and nuts.
- Fill paper-lined muffin cups two-thirds full.
- Bake at 350&deg; for 20–25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:18.63, Glycemic Load:19.17, Inflammation Score:-3, Nutrition Score:5.2560869869979%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 170.65kcal (8.53%), Fat: 4.92g (7.57%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 28.37g (10.31%), Sugar: 14.57g (16.19%), Cholesterol: 27.28mg (9.09%), Sodium: 198.48mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Manganese: 0.29mg (14.37%), Selenium: 7.39µg (10.56%), Folate: 41.46µg (10.37%), Vitamin C: 7.76mg (9.41%), Vitamin B1: 0.14mg (9%), Vitamin B2: 0.13mg (7.55%), Copper: 0.12mg (5.82%), Fiber: 1.45g (5.81%), Iron: 1.04mg (5.8%), Vitamin B3: 1.08mg (5.39%), Vitamin A: 243.88IU (4.88%), Phosphorus: 48.05mg (4.81%), Vitamin B6: 0.09mg (4.51%), Vitamin K: 4.37µg (4.16%), Potassium: 128.98mg (3.69%), Magnesium: 14.08mg (3.52%), Vitamin E: 0.44mg (2.9%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.33mg (2.21%), Calcium: 15.34mg (1.53%), Vitamin B12: 0.07µg (1.09%)