



Mexican Chocolate-Banana Muffins

READY IN



55 min.

SERVINGS



12

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 2 cups bananas mashed (2 big bananas)
- 3.5 ounce disc mexican chocolate chopped
- 1 large eggs
- 1.5 cups flour all-purpose
- 0.7 cup granulated sugar
- 0.3 teaspoon salt
- 8 tablespoons butter unsalted melted (1 stick)
- 0.3 cup milk whole

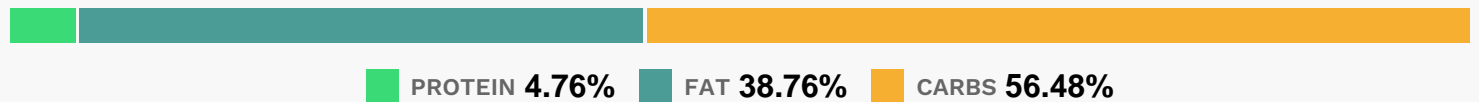
Equipment

- bowl
- oven
- mixing bowl
- muffin liners
- muffin tray

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a large bowl, mix the flour, sugar, baking powder and salt.
- In a separate mixing bowl, combine the mashed bananas, egg, melted butter and milk until incorporated.
- Stir the banana mixture into the dry ingredients just until blended (but do not over-mix as it could result in a tough muffin). Stir in the chopped Mexican chocolate.
- Divide the batter among the prepared muffin cups, filling each about 3/4 full.
- Bake the muffins until the tops are pale golden and a tester inserted into the center comes out with some melted chocolate attached but no crumbs, about 30 minutes.
- Transfer the muffins to rack to cool for 15 minutes. Then remove from the muffin tins.

Nutrition Facts



Properties

Glycemic Index:31.04, Glycemic Load:22.68, Inflammation Score:-4, Nutrition Score:5.6186956374542%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg 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: 251.14kcal (12.56%), Fat: 11.27g (17.34%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 35.09g (12.76%), Sugar: 20.23g (22.48%), Cholesterol: 36.18mg (12.06%), Sodium: 112.44mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.46mg (1.82%), Protein: 3.12g (6.23%), Manganese: 0.25mg (12.55%), Selenium: 7.44µg (10.63%), Folate: 38.58µg (9.65%), Vitamin B1: 0.14mg (9.39%), Vitamin B2: 0.16mg (9.16%), Vitamin B6: 0.16mg (7.93%), Fiber: 1.85g (7.41%), Iron: 1.19mg (6.59%), Phosphorus: 63.86mg (6.39%), Vitamin B3: 1.24mg (6.2%), Magnesium: 24.34mg (6.08%), Vitamin A: 287.98IU (5.76%), Potassium: 190.9mg (5.45%), Copper: 0.1mg (5.23%), Calcium: 46.55mg (4.66%), Vitamin C: 3.26mg (3.95%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.37mg (2.49%), Vitamin E: 0.33mg (2.21%), Vitamin D: 0.28µg (1.86%), Vitamin K: 1.44µg (1.37%), Vitamin B12: 0.08µg (1.34%)