



Michael's Banana Coffee Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 4 bananas ripe smashed
- 0.3 cup butter melted
- 1 eggs beaten
- 1.5 cups flour all-purpose
- 1 cup pecans raw toasted chopped
- 1 pinch salt
- 1.5 tablespoons strong coffee decoction

- 0.8 cup sugar
- 1 teaspoon vanilla extract

Equipment

- oven
- mixing bowl
- wooden spoon
- muffin tray

Directions

- Preheat oven to 350 degrees F.
- Grease a 12 cup capacity muffin tin or use paper liners.
- With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl.
- Mix in the sugar, egg, coffee and vanilla.
- Sprinkle the baking soda and salt over the mixture and mix in.
- Add the flour, mix until it is just incorporated. Fold in the chopped pecans.
- Pour mixture into a prepared muffin tin.
- Bake for 20 to 30 minutes. Cool on a rack.

Nutrition Facts



PROTEIN 5.16% **FAT 42.15%** **CARBS 52.69%**

Properties

Glycemic Index:21.66, Glycemic Load:21.75, Inflammation Score:-3, Nutrition Score:6.6369565466176%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate:

O.21mg 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: 254.21kcal (12.71%), Fat: 12.33g (18.96%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 32.36g (11.77%), Sugar: 17.74g (19.71%), Cholesterol: 27.2mg (9.07%), Sodium: 141.08mg (6.13%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 3.39g (6.79%), Manganese: 0.62mg (31.21%), Vitamin B1: 0.2mg (13.13%), Selenium: 7.3µg (10.43%), Folate: 40.41µg (10.1%), Fiber: 2.32g (9.27%), Vitamin B6: 0.18mg (8.84%), Copper: 0.17mg (8.3%), Vitamin B2: 0.14mg (8.28%), Vitamin B3: 1.3mg (6.5%), Magnesium: 25.71mg (6.43%), Iron: 1.13mg (6.27%), Phosphorus: 59.54mg (5.95%), Potassium: 203mg (5.8%), Vitamin C: 3.52mg (4.27%), Zinc: 0.63mg (4.23%), Vitamin A: 207.64IU (4.15%), Vitamin B5: 0.35mg (3.46%), Vitamin E: 0.36mg (2.41%), Calcium: 14.44mg (1.44%)