



Mimi's Giant Whole-Wheat Banana-Strawberry Muffins

 Vegetarian  Dairy Free  Popular

READY IN



35 min.

SERVINGS



12

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 3 bananas mashed
- 0.8 cup brown sugar packed
- 2 eggs
- 1 tablespoon ground cinnamon
- 1 cup strawberries frozen sliced
- 0.5 cup apple sauce unsweetened

- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 2 cups flour whole wheat

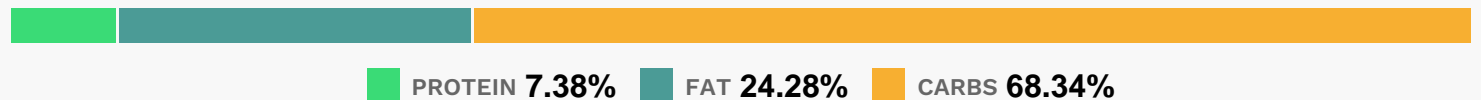
Equipment

- bowl
- oven
- whisk
- muffin liners
- muffin tray

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease 12 large muffin cups, or line with paper liners.
- In a large bowl, whisk together the eggs, applesauce, oil, brown sugar, vanilla and bananas.
- Combine the flour, baking soda and cinnamon; Stir into the banana mixture until moistened. Stir in the strawberries until evenly distributed. Spoon batter into muffin cups until completely filled.
- Bake for 20 minutes in the preheated oven, or until the tops of the muffins spring back when pressed lightly. Cool before removing from the muffin tins.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:3.55, Inflammation Score:-3, Nutrition Score:8.92304342726%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg

Catechin: 2.24mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg,
Epigallocatechin: 0.09mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg
Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-
gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate:
0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,
Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg,
Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 207.86kcal (10.39%), Fat: 5.89g (9.06%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 37.31g (12.44%),
Net Carbohydrates: 33.7g (12.25%), Sugar: 18.64g (20.72%), Cholesterol: 27.28mg (9.09%), Sodium: 106.58mg
(4.63%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 4.03g (8.06%), Manganese: 1.07mg (53.5%),
Selenium: 15.17µg (21.67%), Fiber: 3.61g (14.45%), Vitamin C: 9.75mg (11.82%), Vitamin B6: 0.22mg (10.86%),
Magnesium: 39.79mg (9.95%), Phosphorus: 96.79mg (9.68%), Vitamin K: 9.42µg (8.98%), Vitamin B1: 0.12mg
(7.88%), Potassium: 235.87mg (6.74%), Iron: 1.15mg (6.4%), Copper: 0.13mg (6.39%), Vitamin B3: 1.27mg (6.37%),
Vitamin B2: 0.09mg (5.55%), Folate: 21.51µg (5.38%), Zinc: 0.7mg (4.64%), Vitamin E: 0.69mg (4.58%), Vitamin B5:
0.37mg (3.71%), Calcium: 32.84mg (3.28%), Vitamin A: 66.64IU (1.33%), Vitamin B12: 0.07µg (1.09%)