



# Mimi's Giant Whole-Wheat Banana-Strawberry Muffins

 Vegetarian  Dairy Free

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

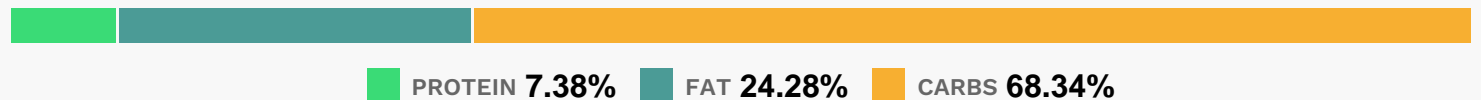
## Equipment

- 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,

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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%)