



Mocha Chocolate Chip Banana Muffins



Dairy Free



Popular

READY IN



35 min.

SERVINGS



15

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 bananas ripe
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 tablespoon coffee granules instant
- ☐ 1 cup butter
- ☐ 0.3 teaspoon salt

- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water
- ☐ 1.3 cups sugar white

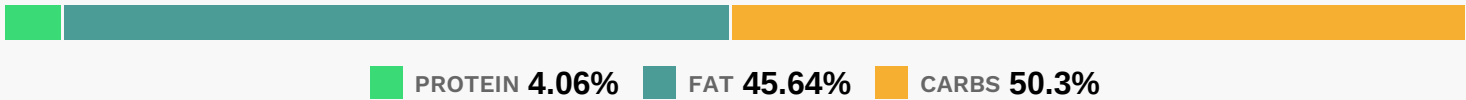
Equipment

- ☐ food processor
- ☐ oven
- ☐ wooden spoon
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Blend butter or margarine, sugar, egg, banana, dissolved coffee, and vanilla in food processor for 2 minutes.
- ☐ Add flour, salt, baking powder, and soda, and blend just until flour disappears.
- ☐ Add chocolate chips and mix in with wooden spoon. Spoon mixture into 15 to 18 paper-lined muffin cups.
- ☐ Bake for 25 minutes. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:19.46, Glycemic Load:24.67, Inflammation Score:-5, Nutrition Score:6.5860870039981%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 337.99kcal (16.9%), Fat: 17.38g (26.73%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 41.02g (14.91%), Sugar: 24.01g (26.68%), Cholesterol: 11.63mg (3.88%), Sodium: 289.03mg (12.57%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 20.79mg (6.93%), Protein: 3.48g (6.95%), Manganese: 0.36mg (17.93%), Selenium: 8.64µg (12.35%), Vitamin A: 578.26IU (11.57%), Vitamin B1: 0.16mg (10.74%), Folate: 40.56µg (10.14%), Iron: 1.79mg (9.97%), Copper: 0.2mg (9.97%), Magnesium: 33.63mg (8.41%), Fiber: 2.08g (8.32%), Vitamin B2: 0.14mg (8.14%), Vitamin B3: 1.47mg (7.33%), Phosphorus: 72.8mg (7.28%), Potassium: 195.58mg (5.59%), Vitamin B6: 0.11mg (5.27%), Vitamin E: 0.61mg (4.04%), Zinc: 0.53mg (3.51%), Calcium: 34mg (3.4%), Vitamin B5: 0.25mg (2.55%), Vitamin C: 2.08mg (2.53%), Vitamin B12: 0.06µg (1.05%)