



Morning Glory Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup banana ripe mashed (2)
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup dates pitted chopped
- ☐ 0.5 cup pineapple dried chopped
- ☐ 1 large eggs
- ☐ 1 cup yogurt plain fat-free
- ☐ 2.3 ounces flour all-purpose

- ☐ 2 tablespoons ground flaxseed whole
- ☐ 1 cup regular oats
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup walnuts chopped
- ☐ 1 tablespoon wheat bran
- ☐ 4.8 ounces flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place 18 muffin cups liners in muffin cups; coat liners with cooking spray.
- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours and next 5 ingredients (through salt) in a large bowl; stir with a whisk. Make a well in center of mixture.
- ☐ Combine yogurt, banana, and egg; add to flour mixture, stirring just until moist. Fold in dates, walnuts, and pineapple. Spoon batter into prepared muffin cups.
- ☐ Sprinkle evenly with flaxseed.
- ☐ Bake at 350 for 20 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately; cool on a wire rack.

Nutrition Facts



 **PROTEIN 9.21%**  **FAT 20.28%**  **CARBS 70.51%**

Properties

Glycemic Index:17.54, Glycemic Load:6.91, Inflammation Score:-3, Nutrition Score:7.2347825104776%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 184.89kcal (9.24%), Fat: 4.41g (6.78%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 31.23g (11.36%), Sugar: 19.76g (21.95%), Cholesterol: 10.61mg (3.54%), Sodium: 171.97mg (7.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Manganese: 0.82mg (41.17%), Selenium: 9.98µg (14.26%), Fiber: 3.22g (12.87%), Phosphorus: 113.29mg (11.33%), Magnesium: 42.52mg (10.63%), Copper: 0.18mg (9.01%), Vitamin B1: 0.13mg (8.95%), Vitamin B6: 0.14mg (6.84%), Iron: 1.21mg (6.7%), Potassium: 218.92mg (6.25%), Vitamin B2: 0.11mg (6.24%), Folate: 23.57µg (5.89%), Zinc: 0.83mg (5.56%), Calcium: 54.77mg (5.48%), Vitamin B3: 1.01mg (5.04%), Vitamin B5: 0.38mg (3.82%), Vitamin C: 1.58mg (1.92%), Vitamin B12: 0.11µg (1.8%), Vitamin E: 0.16mg (1.1%)