



 **58%**
HEALTH SCORE

Most Requested Banana Chocolate Chip Muffins

READY IN



50 min.

SERVINGS



1

CALORIES



3824 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 3 bananas ripe mashed
- 6 tablespoons butter softened
- 0.8 cup chocolate chips
- 2 eggs
- 2 cups flour all-purpose
- 6 tablespoons ground flax seed
- 1 teaspoon salt

- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 0.8 cup sugar white

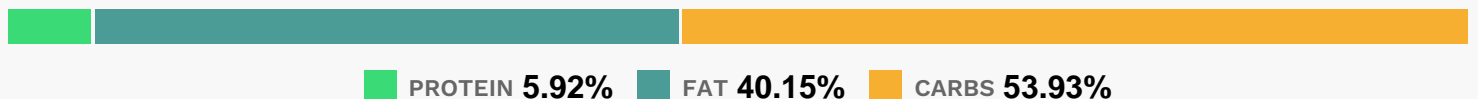
Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray muffin cups with cooking spray or line with paper liners.
- Beat sugar, butter, flax seed, vanilla, and eggs together in a bowl with an electric mixer until smooth and creamy.
- Sift flour, salt, and baking soda together in a separate bowl.
- Mix creamed sugar mixture, 1/2 cup at a time, into the flour mixture until fully incorporated and batter is stiff. Beat bananas into batter with an electric mixer on low. Fold chocolate chips and walnuts into batter; spoon into the prepared muffin cups, filling each cup 3/4 full.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 25 minutes. Cool in the tins for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:301.87, Glycemic Load:282.96, Inflammation Score:-10, Nutrition Score:67.956087029499%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Catechin: 21.59mg, Catechin: 21.59mg, Catechin: 21.59mg, Catechin: 21.59mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 3824.07kcal (191.2%), Fat: 175.03g (269.28%), Saturated Fat: 75.95g (474.68%), Carbohydrates: 529.02g (176.34%), Net Carbohydrates: 497.68g (180.98%), Sugar: 273.76g (304.18%), Cholesterol: 507.96mg (169.32%), Sodium: 4109.13mg (178.66%), Alcohol: 1.38g (100%), Alcohol %: 0.15% (100%), Protein: 58.07g (116.13%), Manganese: 5.75mg (287.31%), Vitamin B1: 3mg (200.02%), Selenium: 130.59µg (186.56%), Folate: 666.05µg (166.51%), Fiber: 31.34g (125.36%), Vitamin B2: 2.11mg (124.22%), Copper: 2.16mg (107.86%), Magnesium: 420.43mg (105.11%), Vitamin B6: 2.08mg (103.76%), Iron: 18.29mg (101.59%), Phosphorus: 1014.57mg (101.46%), Vitamin B3: 19.18mg (95.91%), Potassium: 2670.97mg (76.31%), Vitamin A: 2812.62IU (56.25%), Zinc: 7.15mg (47.65%), Vitamin B5: 4.47mg (44.67%), Calcium: 388.88mg (38.89%), Vitamin C: 31.81mg (38.56%), Vitamin E: 3.92mg (26.11%), Vitamin B12: 0.93µg (15.43%), Vitamin D: 1.76µg (11.73%), Vitamin K: 12.05µg (11.48%)