



Most Requested Banana Chocolate Chip Muffins

♥♥ Popular

READY IN



50 min.

SERVINGS



1

CALORIES



3441 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
- ☐ 0.8 cup sugar white

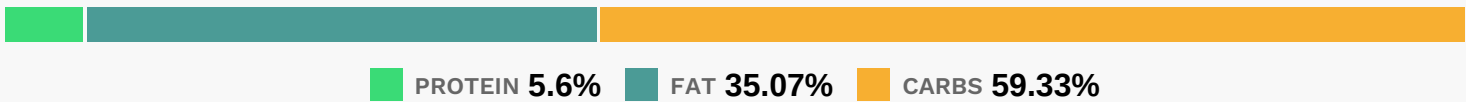
Equipment

- ☐ 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:281.87, Glycemic Load:282.15, Inflammation Score:-10, Nutrition Score:62.199565099633%

Flavonoids

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: 3441.48kcal (172.07%), Fat: 136.89g (210.6%), Saturated Fat: 72.36g (452.27%), Carbohydrates: 521.01g (173.67%), Net Carbohydrates: 493.59g (179.49%), Sugar: 272.23g (302.48%), Cholesterol: 507.96mg (169.32%), Sodium: 4107.96mg (178.61%), Alcohol: 1.38g (100%), Alcohol %: 0.16% (100%), Protein: 49.17g (98.35%), Manganese: 3.75mg (187.45%), Vitamin B1: 2.8mg (186.73%), Selenium: 127.73µg (182.47%), Folate: 608.72µg (152.18%), Vitamin B2: 2.02mg (119.06%), Fiber: 27.42g (109.68%), Vitamin B3: 18.53mg (92.63%), Iron: 16.58mg (92.13%), Vitamin B6: 1.76mg (88.05%), Magnesium: 328mg (82%), Phosphorus: 812.16mg (81.22%), Potassium: 2412.99mg (68.94%), Copper: 1.23mg (61.35%), Vitamin A: 2800.92IU (56.02%), Vitamin B5: 4.13mg (41.34%), Vitamin C: 31.05mg (37.64%), Zinc: 5.34mg (35.6%), Calcium: 331.55mg (33.16%), Vitamin E: 3.51mg (23.38%), Vitamin B12: 0.93µg (15.43%), Vitamin D: 1.76µg (11.73%), Vitamin K: 10.47µg (9.97%)