



Muffins de Bananos Calados (Fried Bananas Muffins)

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 cups fried bananas (4 large bananas)
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted melted

☐ 0.3 cup milk whole

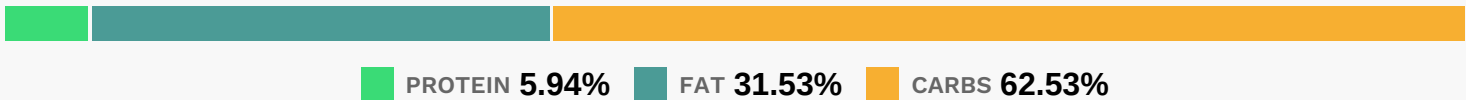
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees F.In a bowl, place the flour, sugar, baking powder and salt.
- ☐ Mix well.In a different bowl, mix the mashed fried bananas, egg, melted butter and milk.
- ☐ Mix the banana mixture with the dry ingredients until blended. Don't over mix the batter.
- ☐ Pour the batter into the prepared muffin cups.
- ☐ Bake the muffins until a toothpick inserted into the center comes out clean, about 30 minutes.transfer the muffins to rack to cool for 12 minutes.

Nutrition Facts



Properties

Glycemic Index:27.49, Glycemic Load:18.81, Inflammation Score:-3, Nutrition Score:4.8369565010071%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 181.8kcal (9.09%), Fat: 6.54g (10.06%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 27.79g (10.1%), Sugar: 13.2g (14.66%), Cholesterol: 31.16mg (10.39%), Sodium: 110.84mg (4.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Manganese: 0.21mg (10.5%), Selenium: 7.17µg (10.24%), Folate: 38.26µg (9.57%), Vitamin B1: 0.14mg (9.28%), Vitamin B2: 0.13mg (7.92%), Vitamin B6: 0.15mg (7.74%), Vitamin B3: 1.18mg (5.92%), Fiber: 1.4g (5.59%), Iron: 0.96mg (5.31%), Phosphorus: 51.14mg (5.11%), Potassium: 166.3mg (4.75%), Vitamin A: 229.66IU (4.59%), Calcium: 43.98mg (4.4%), Vitamin C: 3.26mg (3.95%),

Magnesium: 14.95mg (3.74%), Vitamin B5: 0.28mg (2.84%), Copper: 0.06mg (2.83%), Vitamin E: 0.26mg (1.7%),
Zinc: 0.25mg (1.65%), Vitamin D: 0.24µg (1.63%), Vitamin B12: 0.08µg (1.27%)