



Napoleon's Banana Muffin

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 6 bananas very ripe mashed
- ☐ 1 cup brown sugar
- ☐ 3 tablespoons butter
- ☐ 0.3 cup cognac
- ☐ 2 eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose

- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup honey
- ☐ 1 teaspoon salt
- ☐ 0.3 cup spiced rum
- ☐ 1.5 cups sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease two twelve-cup muffin tins.
- ☐ In a mixing bowl, mix bananas, 1/2 cup brown sugar, honey, rum, and cognac with an electric mixer until smooth.
- ☐ In a large bowl, whisk together 3 cups flour, baking soda, baking powder, and salt. In another bowl, cream white sugar, 2/3 cup brown sugar, eggs, and melted butter.
- ☐ Pour banana mixture and creamed egg mixture into the flour, and stir until just combined. Spoon mixture into muffin tins, filling cups 3/4 full.
- ☐ In a small bowl, mix together 1 cup brown sugar, 3 tablespoons flour, and cinnamon.
- ☐ Cut in 3 tablespoons butter until mixture resembles coarse crumbs.
- ☐ Sprinkle over batter in muffin tins.
- ☐ Bake muffins in preheated oven for 20 minutes, or until done.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:14.11, Inflammation Score:-1, Nutrition Score:2.2282608540162%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 153.29kcal (7.66%), Fat: 1.92g (2.95%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 31.16g (11.33%), Sugar: 27.89g (30.98%), Cholesterol: 17.4mg (5.8%), Sodium: 197.5mg (8.59%), Alcohol: 1.67g (100%), Alcohol %: 3.16% (100%), Protein: 0.92g (1.85%), Manganese: 0.13mg (6.33%), Vitamin B6: 0.12mg (5.99%), Potassium: 127.28mg (3.64%), Fiber: 0.89g (3.55%), Calcium: 33.35mg (3.34%), Vitamin C: 2.59mg (3.14%), Selenium: 1.98µg (2.82%), Vitamin B2: 0.05mg (2.79%), Magnesium: 9.73mg (2.43%), Folate: 9.56µg (2.39%), Phosphorus: 23.3mg (2.33%), Iron: 0.32mg (1.8%), Copper: 0.04mg (1.76%), Vitamin B5: 0.18mg (1.76%), Vitamin A: 82.9IU (1.66%), Vitamin B3: 0.27mg (1.36%), Vitamin B1: 0.02mg (1.23%)