



Oh My Gosh Muffins

READY IN



40 min.

SERVINGS



24

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup bananas mashed
- 0.5 cup butter softened
- 2 eggs lightly beaten
- 2 cups flour all-purpose
- 1 cup semi chocolate chips
- 0.3 cup cream sour
- 1.5 cups sugar

1 teaspoon vanilla extract

Equipment

bowl

oven

knife

muffin liners

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease 24 muffin cups.

In a bowl, cream together the butter, sugar, and vanilla.

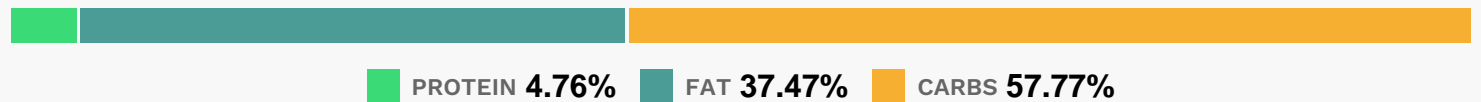
Mix in banana and sour cream. Stir in the eggs. In a separate bowl, mix the flour, baking powder, and baking soda.

Mix dry ingredients into the banana mixture until evenly moist. Fold in chocolate chips.

Transfer batter to the prepared muffin cups, filling each cup about 3/4 full.

Bake 25 minutes in the preheated oven, or until a knife inserted in the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.24, Glycemic Load:15.58, Inflammation Score:-2, Nutrition Score:3.6773912673411%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.32kcal (9.12%), Fat: 7.7g (11.84%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 25.57g (9.3%), Sugar: 16.52g (18.35%), Cholesterol: 25.67mg (8.56%), Sodium: 86.85mg (3.78%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.2g (4.4%), Manganese: 0.2mg

(9.9%), Selenium: 5.59µg (7.99%), Iron: 1.08mg (6.01%), Copper: 0.12mg (6%), Vitamin B1: 0.09mg (5.95%), Folate: 22.95µg (5.74%), Vitamin B2: 0.09mg (5.11%), Phosphorus: 48.52mg (4.85%), Magnesium: 18.88mg (4.72%), Fiber: 1.13g (4.5%), Vitamin B3: 0.75mg (3.74%), Vitamin A: 162.66IU (3.25%), Potassium: 96.97mg (2.77%), Calcium: 27.12mg (2.71%), Vitamin B6: 0.05mg (2.45%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.17mg (1.69%), Vitamin E: 0.22mg (1.45%), Vitamin C: 0.84mg (1.01%)