



Peanut Butter and Banana Muffins



Vegetarian



Popular

READY IN



25 min.

SERVINGS



8

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 2 banana ripe mashed
- ☐ 0.3 cup butter
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 cup milk

- ☐ 0.3 tsp salt
- ☐ 0.5 cup sugar

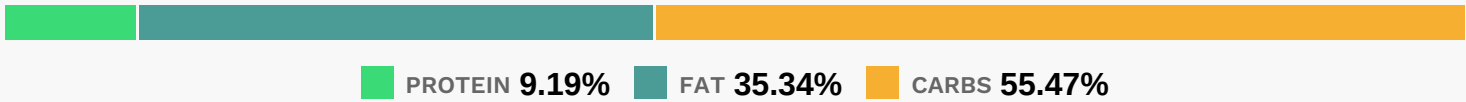
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400°. Grease two 12-cup muffin pans or line with paper cup cake liners; set aside.
- ☐ Combine flour, baking powder, baking soda and salt in medium bowl; set aside. Beat butter with peanut butter in large bowl with electric mixer until smooth.
- ☐ Add sugar and beat until light and fluffy, about 3 minutes. Beat in eggs. Alternately beat in flour mixture and milk combined with bananas with mixer on low speed until blended. Evenly spoon batter into prepared pans to make 18 muffins, then carefully fill empty cups with water.
- ☐ Bake 20 minutes or until toothpick inserted in centers comes out clean. Cool 10 minutes on wire rack; remove from pans and cool completely.

Nutrition Facts



Properties

Glycemic Index:49.23, Glycemic Load:33.08, Inflammation Score:-5, Nutrition Score:10.5652174535%

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: 357.52kcal (17.88%), Fat: 14.31g (22.01%), Saturated Fat: 6.68g (41.73%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 48.4g (17.6%), Sugar: 18.53g (20.59%), Cholesterol: 64.92mg (21.64%), Sodium: 445.18mg (19.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Selenium: 17.11µg (24.45%), Manganese: 0.45mg (22.58%), Vitamin B1: 0.33mg (21.89%), Folate: 85.01µg (21.25%), Vitamin B2: 0.31mg (18.53%), Vitamin B3: 3.47mg (17.33%), Phosphorus: 146.95mg (14.69%), Iron: 2.2mg (12.25%), Calcium: 107.69mg (10.77%), Vitamin B6: 0.2mg (9.88%), Magnesium: 35.02mg (8.75%), Fiber: 2.14g (8.56%), Vitamin E: 1.14mg (7.57%), Vitamin A: 364.05IU (7.28%), Potassium: 253.73mg (7.25%), Vitamin B5: 0.64mg (6.36%), Copper: 0.12mg (5.93%), Zinc: 0.78mg (5.21%), Vitamin B12: 0.28µg (4.64%), Vitamin D: 0.56µg (3.7%), Vitamin C: 2.57mg (3.11%), Vitamin K: 1.07µg (1.02%)