



Peanut Butter and Jelly Blueberry Banana Muffins

 Popular

READY IN



45 min.

SERVINGS



18

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 bananas ripe
- ☐ 1 cup blueberries fresh
- ☐ 4 tablespoons butter softened
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 large eggs

- ☐ 0.5 cup gold medal flour whole wheat
- ☐ 1 cup gold medal flour all-purpose
- ☐ 0.7 cups granulated sugar
- ☐ 0.3 cup jelly flavor prepared
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 cup greek yogurt plain

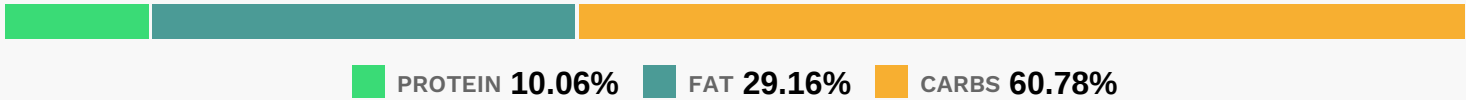
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F. and line two 12-count muffin tins with paper liners.
- ☐ Place butter, eggs, bananas, yogurt, sugar and peanut butter into a large mixing bowl.
- ☐ Mix to combine.
- ☐ Add your flours, salt, baking soda and baking powder.
- ☐ Mix until combined then gently stir in blueberries and jelly. Scoop into muffin tins lined with paper cups 2/3 way full.
- ☐ Bake for 20-25 minutes or until toothpick comes out clean from center.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:14.63, Inflammation Score:-2, Nutrition Score:4.1904347927674%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg Malvidin: 5.56mg, Malvidin: 5.56mg, Malvidin: 5.56mg, Malvidin: 5.56mg Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 154.37kcal (7.72%), Fat: 5.12g (7.88%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 22.98g (8.36%), Sugar: 12.89g (14.32%), Cholesterol: 27.91mg (9.3%), Sodium: 182.46mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Selenium: 6.79µg (9.71%), Manganese: 0.19mg (9.58%), Vitamin B2: 0.13mg (7.88%), Folate: 29.26µg (7.32%), Vitamin B1: 0.1mg (6.63%), Vitamin B3: 1.24mg (6.22%), Phosphorus: 56.24mg (5.62%), Vitamin B6: 0.09mg (4.52%), Fiber: 1.04g (4.17%), Iron: 0.74mg (4.12%), Magnesium: 14.54mg (3.63%), Vitamin E: 0.53mg (3.53%), Potassium: 112.52mg (3.21%), Vitamin C: 2.35mg (2.85%), Copper: 0.06mg (2.81%), Vitamin B5: 0.26mg (2.64%), Calcium: 25mg (2.5%), Vitamin A: 121.02IU (2.42%), Zinc: 0.33mg (2.23%), Vitamin B12: 0.13µg (2.21%), Vitamin K: 1.93µg (1.84%)