



Peanut Butter-Banana Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup fully bananas ripe mashed (1 large)
- 1 Tbsp calumet baking powder
- 0.5 cup creamy peanut butter
- 1 eggs
- 1 cup flour
- 1 cup milk
- 2 Tbsp oil
- 0.8 cup quick-cooking oats

- 0.5 tsp salt
- 0.5 cup sugar
- 1 tsp vanilla

Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin tray

Directions

- Heat oven to 375F.
- Combine first 5 ingredients in large bowl.
- Whisk peanut butter and milk in medium bowl until blended; stir in bananas, egg, oil and vanilla.
- Add to flour mixture; stir just until moistened.
- Spoon into 12 muffin pan cups sprayed with cooking spray.
- Bake 18 to 20 min. or until toothpick inserted in centers comes out clean. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:34.07, Glycemic Load:15.07, Inflammation Score:-3, Nutrition Score:6.6247826114945%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 198.15kcal (9.91%), Fat: 9.32g (14.34%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 23.39g (8.5%), Sugar: 11.34g (12.6%), Cholesterol: 16.08mg (5.36%), Sodium: 262.48mg (11.41%), Alcohol: 0.12g (100%), Alcohol %: 0.22% (100%), Protein: 5.39g (10.77%), Manganese: 0.47mg (23.34%), Phosphorus: 122mg (12.2%), Vitamin B3: 2.15mg (10.77%), Selenium: 7.32µg (10.46%), Vitamin E: 1.48mg (9.9%), Magnesium: 39.02mg (9.76%), Calcium: 95.53mg (9.55%), Vitamin B1: 0.14mg (9.25%), Folate: 32.9µg (8.23%), Vitamin B2: 0.13mg (7.61%), Iron: 1.1mg (6.11%), Fiber: 1.44g (5.75%), Vitamin B6: 0.1mg (4.95%), Copper: 0.09mg (4.38%), Zinc: 0.65mg (4.33%), Potassium: 148.76mg (4.25%), Vitamin B5: 0.35mg (3.49%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.3µg (1.98%), Vitamin K: 1.99µg (1.9%), Vitamin A: 56.74IU (1.13%)