



Poppy Seed and Banana Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 2 eggs
- ☐ 0.3 cup honey
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup milk
- ☐ 0.3 cup poppy seeds

- ☐ 0.3 cup vegetable oil
- ☐ 1 cup wheat bran
- ☐ 0.5 cup wheat germ
- ☐ 1.3 cups flour whole wheat

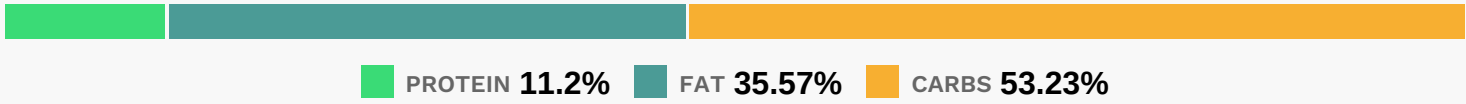
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 12 cup muffin pan.
- ☐ In a large bowl, mix whole wheat flour, wheat bran, wheat germ, baking soda, baking powder, and salt.
- ☐ In a medium bowl, beat together eggs, honey, and vegetable oil. Stir in bananas, milk, lemon juice, and poppy seeds.
- ☐ Make a well in the center of the wheat flour mixture, and pour in egg and banana mixture. Stir until just blended. Spoon into the prepared muffin pan.
- ☐ Bake 25 to 30 minutes in the preheated oven, until a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:5.83, Inflammation Score:-4, Nutrition Score:13.41565204185%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg,

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 180.03kcal (9%), Fat: 7.77g (11.95%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 21.06g (7.66%), Sugar: 8.78g (9.75%), Cholesterol: 28.5mg (9.5%), Sodium: 142.93mg (6.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Manganese: 1.95mg (97.34%), Selenium: 18.34µg (26.19%), Fiber: 5.09g (20.34%), Phosphorus: 194.52mg (19.45%), Magnesium: 75.19mg (18.8%), Vitamin B1: 0.22mg (14.44%), Vitamin B6: 0.27mg (13.62%), Zinc: 1.67mg (11.1%), Copper: 0.21mg (10.28%), Iron: 1.78mg (9.88%), Vitamin B3: 1.78mg (8.89%), Calcium: 87.2mg (8.72%), Vitamin K: 8.83µg (8.41%), Vitamin B2: 0.14mg (8.19%), Folate: 32.57µg (8.14%), Potassium: 262.21mg (7.49%), Vitamin B5: 0.52mg (5.17%), Vitamin E: 0.68mg (4.56%), Vitamin C: 2.02mg (2.44%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.26µg (1.72%), Vitamin A: 69.68IU (1.39%)