



Praline Banana-Chip Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon butter softened
- 1 box corn muffin mix
- 1 eggs
- 0.7 cup milk
- 0.5 cup semi chocolate chips
- 2 tablespoons vegetable oil

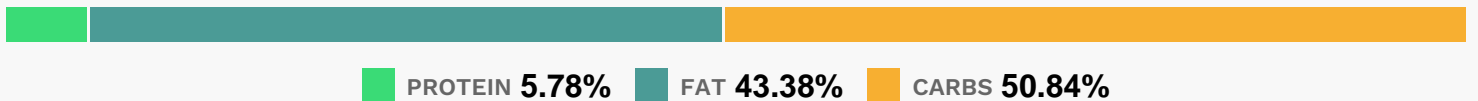
Equipment

- bowl
- frying pan
- oven
- knife
- muffin liners

Directions

- Heat oven to 400F.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- In medium bowl, stir Muffin
- Mix, Walnuts, milk, oil, egg and chocolate chips just until blended. Divide batter among muffin cups (each about two-thirds full).
- In small bowl, stir together brown sugar and butter; sprinkle over batter in each cup.
- Bake 17 to 21 minutes or until golden brown and tops spring back when lightly touched. Cool 5 minutes (if you did not use paper baking cups, run knife around edges of cups before removing); remove from pan.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:4.3726086628664%

Nutrients (% of daily need)

Calories: 192.4kcal (9.62%), Fat: 9.31g (14.33%), Saturated Fat: 3.18g (19.88%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 22.65g (8.24%), Sugar: 13.43g (14.92%), Cholesterol: 16.12mg (5.37%), Sodium: 187.9mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.79g (5.58%), Phosphorus: 139.17mg (13.92%), Manganese: 0.17mg (8.41%), Fiber: 1.91g (7.62%), Vitamin B1: 0.1mg (6.49%), Iron: 1.08mg (6.02%), Copper: 0.12mg (5.82%), Vitamin B2: 0.09mg (5.54%), Vitamin K: 5.76µg (5.49%), Magnesium: 20.67mg (5.17%), Folate: 20.47µg (5.12%), Selenium: 3.21µg (4.59%), Calcium: 40.25mg (4.02%), Vitamin B3: 0.76mg (3.79%), Potassium: 99.23mg (2.84%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.23mg (2.35%), Vitamin B12: 0.14µg (2.31%), Vitamin E: 0.34mg (2.29%), Vitamin B6: 0.05mg (2.27%), Vitamin A: 110.34IU (2.21%), Vitamin D: 0.22µg (1.48%)