



Praline Banana-Chip Muffins

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12.3 oz betty delights super carrot cake mix quick
- 0.7 cup milk
- 2 tablespoons vegetable oil
- 1 eggs
- 0.5 cup semi chocolate chips
- 0.3 cup brown sugar packed
- 1 tablespoon butter softened

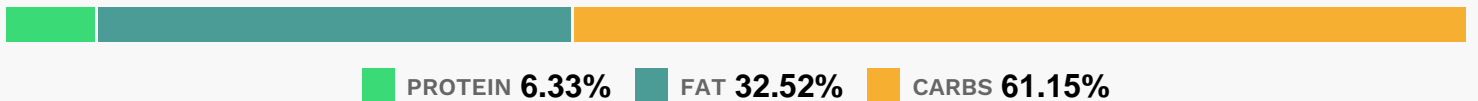
Equipment

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

Directions

- Heat oven to 400°F.
- 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:-5, Nutrition Score:3.4591304633928%

Nutrients (% of daily need)

Calories: 222.65kcal (11.13%), Fat: 7.9g (12.15%), Saturated Fat: 2.56g (16%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 31.79g (11.56%), Sugar: 21.8g (24.22%), Cholesterol: 15.72mg (5.24%), Sodium: 153.42mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 3.46g (6.92%), Vitamin A: 871.81IU (17.44%), Iron: 1.31mg (7.3%), Fiber: 1.64g (6.55%), Manganese: 0.1mg (5.24%), Copper: 0.1mg (4.96%), Calcium: 49.14mg (4.91%), Vitamin K: 4.76µg (4.53%), Phosphorus: 40.96mg (4.1%), Magnesium: 15.85mg (3.96%), Selenium: 2.09µg (2.98%), Vitamin B2: 0.04mg (2.33%), Potassium: 76.54mg (2.19%), Vitamin E: 0.31mg (2.07%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.12µg (2.01%), Vitamin C: 1.22mg (1.48%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.14mg (1.38%)