



WHATSheATE



Quick and Easy Banana-Oat Muffins



Vegetarian

READY IN



21 min.

SERVINGS



5

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 0.8 cup banana ripe mashed
- ☐ 2 tablespoons canola oil
- ☐ 1 eggs
- ☐ 0.5 cup skim milk fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup oats
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.7 cup flour whole-wheat white (such as King Arthur)

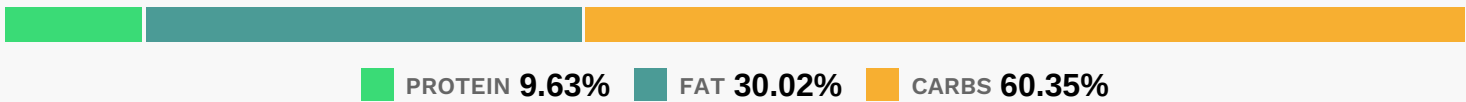
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Combine bananas and next 4 ingredients (through vanilla) in a medium bowl; mix well, and set aside.
- ☐ Lightly spoon flour into a dry measuring cup and level with a knife.
- ☐ Whisk together flour and next 5 ingredients (through salt) in a small bowl.
- ☐ Stir the flour mixture into the banana mixture until they are just combined.
- ☐ Spray 9 muffin cups with cooking spray (or use paper liners), and spoon 1/3 cup batter into each cup (cups will be full).
- ☐ Bake 16 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:13.32, Inflammation Score:-3, Nutrition Score:9.849565340125%

Flavonoids

Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg 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: 216.39kcal (10.82%), Fat: 7.52g (11.57%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 30.85g (11.22%), Sugar: 14.26g (15.84%), Cholesterol: 33.47mg (11.16%), Sodium: 288.18mg (12.53%), Alcohol: 0.21g (100%), Alcohol %: 0.27% (100%), Protein: 5.43g (10.85%), Manganese: 1.1mg (55.02%), Selenium: 16.13µg (23.04%), Phosphorus: 173.68mg (17.37%), Magnesium: 54.46mg (13.61%), Calcium: 132.15mg (13.21%), Fiber: 3.17g (12.67%), Vitamin B1: 0.15mg (9.9%), Vitamin B6: 0.19mg (9.27%), Vitamin E: 1.27mg (8.47%), Vitamin B2: 0.13mg (7.5%), Iron: 1.34mg (7.46%), Potassium: 222.97mg (6.37%), Zinc: 0.94mg (6.26%), Copper: 0.12mg (6.1%), Vitamin B3: 1.05mg (5.25%), Folate: 18.77µg (4.69%), Vitamin K: 4.76µg (4.53%), Vitamin B5: 0.45mg (4.52%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.45µg (2.97%), Vitamin C: 1.97mg (2.38%), Vitamin A: 113.93IU (2.28%)