



Sarah's Banana Bread Muffins



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 bananas ripe mashed
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup walnuts chopped
- ☐ 1 cup sugar white

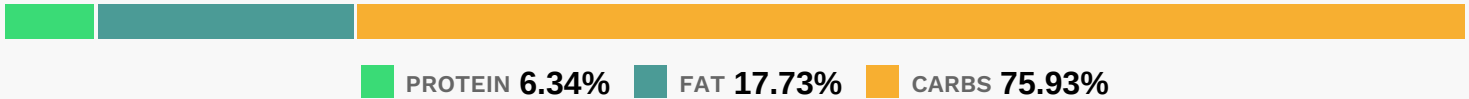
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place muffin cups in muffin tin, or grease with a little butter.
- ☐ Mix sugar, oil, and egg until creamy and light yellow in a bowl.
- ☐ Add bananas and walnuts.
- ☐ Add flour, baking soda, and salt. Stir until completely smooth. Spoon the batter into the muffin tin.
- ☐ Bake for 30 to 40 minutes, until toothpick poked in center muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:18.32, Glycemic Load:26.43, Inflammation Score:-2, Nutrition Score:5.2443478262943%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 203.5kcal (10.17%), Fat: 4.11g (6.32%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 38.09g (13.85%), Sugar: 20.37g (22.63%), Cholesterol: 13.64mg (4.55%), Sodium: 194.23mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Manganese: 0.31mg (15.34%), Selenium:

8.7µg (12.43%), Vitamin B1: 0.18mg (12.16%), Folate: 48.14µg (12.03%), Vitamin B2: 0.15mg (8.71%), Vitamin B3: 1.46mg (7.28%), Vitamin B6: 0.14mg (6.84%), Iron: 1.19mg (6.6%), Fiber: 1.49g (5.97%), Copper: 0.1mg (4.78%), Phosphorus: 44.68mg (4.47%), Magnesium: 16.84mg (4.21%), Potassium: 144.06mg (4.12%), Vitamin K: 3.63µg (3.45%), Vitamin C: 2.6mg (3.15%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.31mg (2.1%), Vitamin E: 0.25mg (1.64%)