



Shannon's Banana Coconut Muffins

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup bananas mashed
- ☐ 10 ounce mandarin orange segments drained chopped canned
- ☐ 0.5 cup coconut or shredded
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup butter
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

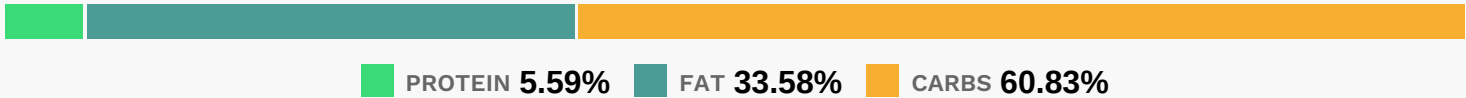
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 12 muffins cups or line with paper liners.
- ☐ Beat sugar and margarine together in a bowl using an electric mixer until smooth and creamy; stir in eggs. Stir bananas into margarine mixture; stir in vanilla extract.
- ☐ Whisk flour, baking powder, and salt together in a bowl; stir into margarine mixture until just combined. Fold oranges and coconut into batter. Spoon batter into muffin tins.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.16, Glycemic Load:25.32, Inflammation Score:-6, Nutrition Score:6.3308695373328%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 257.09kcal (12.85%), Fat: 9.76g (15.01%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 38.14g (13.87%), Sugar: 21.2g (23.56%), Cholesterol: 27.28mg (9.09%), Sodium: 234.48mg (10.19%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 3.65g (7.31%), Selenium: 10.03µg (14.33%), Vitamin A: 699.88IU (14%), Vitamin B1: 0.2mg (13.08%), Manganese: 0.25mg (12.32%), Folate: 47.46µg (11.87%), Vitamin C: 9.77mg (11.84%), Vitamin B2: 0.17mg (9.71%), Vitamin B3: 1.49mg (7.43%), Iron: 1.33mg (7.42%), Fiber: 1.63g (6.54%), Phosphorus: 57.01mg (5.7%), Vitamin B6: 0.1mg (5.17%), Potassium: 148.42mg (4.24%), Copper: 0.08mg (3.78%), Magnesium: 14.61mg (3.65%), Calcium: 34.16mg (3.42%), Vitamin E: 0.44mg (2.97%), Zinc: 0.43mg (2.89%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.07µg (1.25%)