



## Skinny Banana-Chocolate Chip Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.7 cups flour whole wheat
- 0.7 cup sugar
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 cup banana very ripe mashed (2 to 3 medium)
- 3 egg whites
- 0.3 cup canola oil

- 0.3 cup skim milk fat-free (skim)
- 1 teaspoon vanilla
- 0.3 cup semisweet chocolate chips miniature
- 1 tablespoon sugar
- 0.1 teaspoon ground cinnamon

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

## Directions

- Heat oven to 375°F. Spray bottoms only of 12 regular-size muffin cups with cooking spray, or line with paper baking cups.
- In large bowl, mix flour, 2/3 cup sugar, baking powder, baking soda, 1/2 teaspoon cinnamon and salt.
- In medium bowl, beat bananas, egg whites, oil, milk and vanilla with fork until smooth. Stir into flour mixture just until flour is moistened. Gently stir in chocolate chips. Divide batter evenly among muffin cups.
- In small bowl, mix topping ingredients.
- Sprinkle evenly over batter in cups.
- Bake 20 to 24 minutes or until light golden brown and toothpick inserted in center comes out clean. Immediately remove muffins from pan to cooling rack.

## Nutrition Facts



PROTEIN 7.2%  FAT 33.36%  CARBS 59.44%

## Properties

Glycemic Index:27.52, Glycemic Load:10.01, Inflammation Score:-2, Nutrition Score:6.7908695482689%

## Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 200.75kcal (10.04%), Fat: 7.7g (11.85%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 28.19g (10.25%), Sugar: 16.45g (18.28%), Cholesterol: 0.55mg (0.18%), Sodium: 145.2mg (6.31%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Caffeine: 5.65mg (1.88%), Protein: 3.74g (7.47%), Manganese: 0.82mg (40.96%), Selenium: 12.66µg (18.08%), Fiber: 2.69g (10.76%), Magnesium: 39.41mg (9.85%), Phosphorus: 93.31mg (9.33%), Copper: 0.16mg (8.17%), Vitamin E: 0.99mg (6.59%), Vitamin B1: 0.09mg (6.19%), Iron: 1.11mg (6.15%), Vitamin B6: 0.12mg (5.98%), Vitamin B3: 0.98mg (4.91%), Vitamin B2: 0.08mg (4.83%), Potassium: 164.52mg (4.7%), Zinc: 0.66mg (4.37%), Vitamin K: 4.21µg (4.01%), Calcium: 38.45mg (3.84%), Folate: 10.24µg (2.56%), Vitamin B5: 0.19mg (1.95%), Vitamin C: 1.09mg (1.32%)