



Sticky Toffee Banoffee Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 2 large bananas ripe mashed
- ☐ 1 tsp bicarbonate of soda
- ☐ 397 g carnation caramel canned
- ☐ 2 eggs free-range
- ☐ 150 ml milk
- ☐ 100 g pecan nuts chopped
- ☐ 275 g self-raising flour

- ☐ 1 tsp vanilla extract
- ☐ 5 tbsp vegetable oil

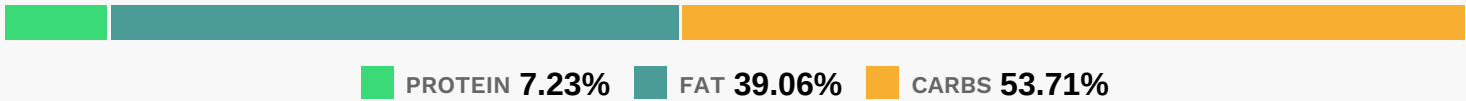
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 190c/170c fan/375f /gas mark
- ☐ Place the flour, baking powder and bicarbonate of soda into a bowl and mix well.
- ☐ In a seperate bowl, mix the eggs, milk, oil, mashed bananas and vanilla.
- ☐ Add the wet mixture to the dry ingredients and stir until just combined, without beating.
- ☐ Drop spoonfuls of the caramel into the mixture, gently swirling through, but don't mix it in.
- ☐ Place muffin cases in the tin and spoon the mixture into the cases until quite full. Top with the chopped pecans.
- ☐ Bake in the pre-heated oven for 20 minutes and eat fresh and warm.

Nutrition Facts



Properties

Glycemic Index:27.23, Glycemic Load:30.2, Inflammation Score:-2, Nutrition Score:7.8034782513328%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg 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: 356.39kcal (17.82%), Fat: 15.91g (24.48%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 47.29g (17.2%), Sugar: 25.53g (28.36%), Cholesterol: 31.14mg (10.38%), Sodium: 242.6mg (10.55%), Alcohol: 0.12g (100%), Alcohol %: 0.13% (100%), Protein: 6.63g (13.25%), Manganese: 0.62mg (31.24%), Selenium: 12.73µg (18.19%), Phosphorus: 123.97mg (12.4%), Vitamin K: 11.55µg (11%), Vitamin B2: 0.18mg (10.44%), Calcium: 98.59mg (9.86%), Copper: 0.17mg (8.55%), Vitamin B1: 0.12mg (8.31%), Fiber: 1.94g (7.76%), Magnesium: 30.13mg (7.53%), Vitamin B6: 0.15mg (7.41%), Potassium: 239.08mg (6.83%), Vitamin E: 0.93mg (6.2%), Vitamin B5: 0.61mg (6.14%), Zinc: 0.9mg (6%), Folate: 18.7µg (4.67%), Vitamin B12: 0.23µg (3.9%), Iron: 0.69mg (3.86%), Vitamin B3: 0.55mg (2.73%), Vitamin C: 2.2mg (2.66%), Vitamin D: 0.29µg (1.92%), Vitamin A: 94.01IU (1.88%)