



Strawberry Banana Muffins



Vegetarian



Popular

READY IN



43 min.

SERVINGS



11

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 cups all purpose flour
- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup bananas mashed (2 Large Size)
- ☐ 0.5 cup butter melted
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup brown sugar light
- ☐ 0.5 teaspoon salt

- ☐ 1 cup strawberries chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup yogurt (Instead of 2 Eggs)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ ice cream scoop
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Line a muffin tin with paper liners and spray it lightly with non stick cooking spray. In a small saucepan melt the butter and set it aside until it cools down to room temperature. In the meantime stir together the yogurt, mashed bananas and vanilla extract. To this mixture add the butter when it is completely cool. In another large bowl mix together the rest of the dry ingredients from flour to salt. Toss in the berries too. Make sure that all the berry pieces are coated with the flour mixture so that the fruit does not sink to the bottom of the muffins.
- ☐ Add the wet ingredients to the dry ingredients and stir until just combined. Do not overwork the batter or else the muffins would become dense. Fill each muffin cup with the batter using an ice cream scoop. Even though the original recipe is for 12 muffins I was able to get only 11 muffins.
- ☐ Bake it for about 20-25 minutes or until a toothpick inserted in the center of the muffin comes out clean. Mine was done in about 23 minutes.
- ☐ Remove the pan from the oven and place it on a wire rack for the muffins to cool before you could remove it from the pan. If using paper liners you should be able to take out the muffins within 10 minutes.

Nutrition Facts

PROTEIN 5.34%

FAT 31.66%

CARBS 63%

Properties

Glycemic Index:30.53, Glycemic Load:16.92, Inflammation Score:-4, Nutrition Score:6.3500000578554%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.25mg, Pelargonidin: 3.25mg, Pelargonidin: 3.25mg, Pelargonidin: 3.25mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 254.8kcal (12.74%), Fat: 9.09g (13.98%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 39.16g (14.24%), Sugar: 18.33g (20.36%), Cholesterol: 23.63mg (7.88%), Sodium: 264.95mg (11.52%), Alcohol: 0.13g (100%), Alcohol %: 0.16% (100%), Protein: 3.45g (6.9%), Manganese: 0.31mg (15.36%), Vitamin B1: 0.21mg (14.27%), Folate: 55.27µg (13.82%), Selenium: 9.46µg (13.51%), Vitamin C: 9.54mg (11.56%), Vitamin B2: 0.16mg (9.64%), Vitamin B3: 1.73mg (8.64%), Iron: 1.48mg (8.2%), Calcium: 68.42mg (6.84%), Fiber: 1.53g (6.13%), Phosphorus: 60.94mg (6.09%), Vitamin A: 283.81IU (5.68%), Vitamin B6: 0.1mg (5.14%), Potassium: 161.36mg (4.61%), Magnesium: 15.99mg (4%), Copper: 0.07mg (3.39%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.32mg (2.15%), Zinc: 0.31mg (2.07%), Vitamin K: 1.24µg (1.18%)