



Toasted Coconut Banana Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup banana ripe mashed (2 medium)
- 0.7 cup brown sugar dark packed
- 1 large eggs lightly beaten
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg

- 0.5 cup buttermilk 1% low-fat ()
- 1 cup quick-cooking oats uncooked
- 0.5 teaspoon salt
- 0.5 cup coconut or sweetened flaked
- 1.5 teaspoons vanilla extract
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- muffin liners
- measuring cup

Directions

- Preheat oven to 40
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, oats, and next 6 ingredients in a large bowl; stir well with a whisk.
- Combine banana and next 4 ingredients in a medium bowl, and stir well with a whisk.
- Add to flour mixture, stirring just until moist.
- Spoon batter into 12 muffin cups coated with cooking spray; sprinkle evenly with coconut.
- Bake at 400 for 20 minutes or until golden brown.
- Remove muffins from pan immediately; cool on a wire rack.

Nutrition Facts



■ PROTEIN 7.68% ■ FAT 20.93% ■ CARBS 71.39%

Properties

Glycemic Index:30.15, Glycemic Load:12.77, Inflammation Score:-2, Nutrition Score:5.9895651858786%

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: 187.88kcal (9.39%), Fat: 4.44g (6.83%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 32.26g (11.73%), Sugar: 15.39g (17.1%), Cholesterol: 15.9mg (5.3%), Sodium: 225.29mg (9.8%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 3.66g (7.33%), Manganese: 0.49mg (24.56%), Selenium: 9.92µg (14.17%), Vitamin B1: 0.17mg (11.26%), Folate: 35.98µg (8.99%), Phosphorus: 86.53mg (8.65%), Vitamin B2: 0.13mg (7.64%), Iron: 1.37mg (7.63%), Magnesium: 29.93mg (7.48%), Fiber: 1.79g (7.15%), Calcium: 70.81mg (7.08%), Vitamin B3: 1.11mg (5.56%), Vitamin K: 4.54µg (4.33%), Copper: 0.08mg (3.94%), Potassium: 136.95mg (3.91%), Vitamin B6: 0.08mg (3.82%), Zinc: 0.47mg (3.15%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.31mg (2.04%), Vitamin C: 1.19mg (1.44%)