



Tropical Muffins with Coconut-Macadamia Topping

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup banana ripe mashed (2)
- 0.5 cup brown sugar packed
- 2 tablespoons canola oil
- 1 large eggs
- 6 ounces flour all-purpose

- 1 tablespoon granulated sugar
- 1 cup buttermilk low-fat
- 1 tablespoon macadamia nuts finely chopped
- 3 tablespoons macadamia nuts toasted finely chopped
- 1 cup oats
- 1 tablespoon oats
- 0.5 cup pineapple rings canned crushed drained
- 0.5 teaspoon salt
- 0.3 cup coconut sweetened flaked
- 2 tablespoons coconut sweetened flaked
- 1 teaspoon vanilla extract

Equipment

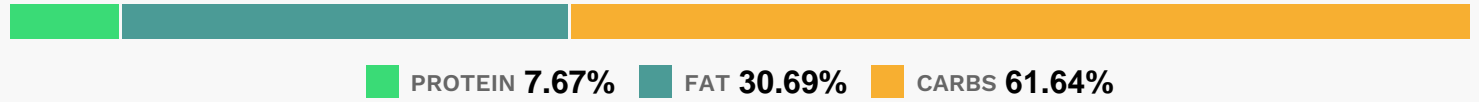
- bowl
- oven
- knife
- wire rack
- muffin liners
- measuring cup

Directions

- Preheat oven to 40
- To prepare muffins, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (through salt) in a large bowl. Make a well in center of flour mixture.
- Combine banana and next 5 ingredients (through egg) in a medium bowl; add to flour mixture, stirring just until moist. Stir in pineapple, 1/3 cup coconut, and 3 tablespoons nuts. Spoon batter into 12 muffin cups coated with cooking spray.
- To prepare topping, combine 2 tablespoons coconut and the remaining ingredients in a small bowl.

- Sprinkle about 1 teaspoon of topping over each muffin.
- Bake at 400 for 18 minutes or until muffins spring back when touched lightly in center.
- Remove muffins from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.66, Glycemic Load:11.68, Inflammation Score:-2, Nutrition Score:6.6778260599012%

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: 215.09kcal (10.75%), Fat: 7.49g (11.52%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 31.52g (11.46%), Sugar: 15.54g (17.27%), Cholesterol: 16.3mg (5.43%), Sodium: 230.79mg (10.03%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.21g (8.42%), Manganese: 0.59mg (29.32%), Selenium: 9.75µg (13.93%), Vitamin B1: 0.21mg (13.69%), Phosphorus: 93.17mg (9.32%), Fiber: 2.3g (9.22%), Vitamin B2: 0.15mg (8.73%), Folate: 34.7µg (8.68%), Iron: 1.4mg (7.79%), Magnesium: 28.09mg (7.02%), Calcium: 63.93mg (6.39%), Vitamin B3: 1.16mg (5.82%), Copper: 0.12mg (5.8%), Potassium: 173.97mg (4.97%), Vitamin B6: 0.09mg (4.67%), Zinc: 0.61mg (4.06%), Vitamin E: 0.53mg (3.55%), Vitamin B5: 0.35mg (3.48%), Vitamin C: 2.04mg (2.47%), Vitamin K: 2µg (1.9%), Vitamin B12: 0.08µg (1.35%)