

Vegan Banana Blueberry Muffins



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 bananas very ripe mashed
- ☐ 0.5 cup blueberries
- ☐ 1.5 teaspoons applesauce dry ()
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 0.5 cup sugar white

☐ 0.5 cup pastry flour whole wheat

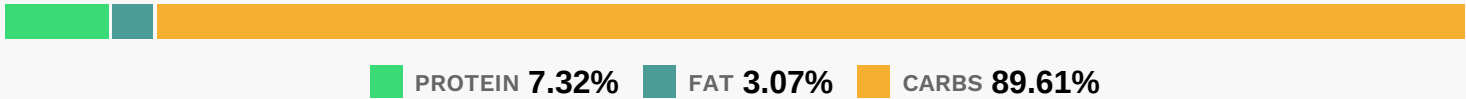
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
- ☐ In a large bowl combine mashed bananas, sugar, baking powder, salt and flours; mix until smooth. In a small bowl or cup combine egg replacer and water; stir into banana mixture. Fold in blueberries.
- ☐ Spoon batter evenly, about 1/4 cup each, into muffin cups.
- ☐ Bake in preheated oven for 20 to 25 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:55.31, Glycemic Load:25.29, Inflammation Score:-3, Nutrition Score:7.2113043458565%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 200.14kcal (10.01%), Fat: 0.71g (1.09%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 43.9g (15.96%), Sugar: 22.89g (25.43%), Cholesterol: 3.72mg (1.24%), Sodium: 235.77mg (10.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Manganese: 0.66mg (33.13%), Selenium: 12.81µg (18.31%), Vitamin B1: 0.19mg (12.74%), Fiber: 2.81g (11.24%), Folate: 42.41µg (10.6%), Vitamin B6: 0.2mg (9.96%), Vitamin B3: 1.74mg (8.68%), Vitamin B2: 0.14mg (8.36%), Phosphorus: 73.12mg (7.31%), Magnesium: 29.07mg (7.27%), Iron: 1.29mg (7.16%), Potassium: 208.6mg (5.96%), Vitamin C: 4.62mg (5.6%), Copper: 0.1mg (5.24%), Zinc: 0.46mg (3.08%), Calcium: 30.59mg (3.06%), Vitamin B5: 0.3mg (2.97%), Vitamin K: 2.82µg (2.68%), Vitamin E: 0.2mg (1.32%)