



Vegan Banana Muffins

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



307 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 cups bananas ripe mashed
- 0.5 cup brown sugar
- 1 cup canola oil
- 1 cup coconut milk
- 3 cups flour all-purpose
- 2 teaspoons ground cinnamon

- 1 teaspoon ground nutmeg
- 1 teaspoon salt
- 1 cup sugar white

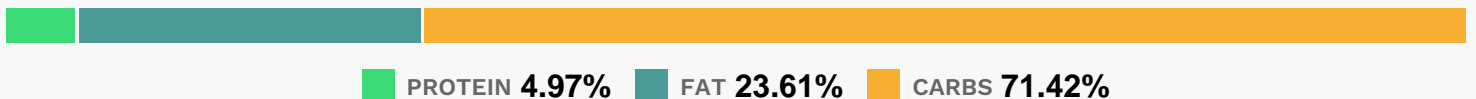
Equipment

- bowl
- oven
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper liners.
- Mix flour, white sugar, brown sugar, cinnamon, baking powder, baking soda, nutmeg, and salt together in a large bowl. Stir bananas, canola oil, and coconut milk together in a separate bowl; mix banana mixture into flour mixture until just combined. Fill muffin cups with batter.
- Bake in the preheated oven until a tooth pick inserted in the center of a muffin comes out clean, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:38.66, Glycemic Load:32.37, Inflammation Score:-3, Nutrition Score:7.2443478871947%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 307.16kcal (15.36%), Fat: 8.26g (12.7%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 56.2g (18.73%), Net Carbohydrates: 54.5g (19.82%), Sugar: 28.71g (31.9%), Cholesterol: 0mg (0%), Sodium: 361.77mg (15.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Manganese: 0.5mg (24.77%), Vitamin B1: 0.26mg (17.19%), Folate: 65.06µg (16.27%), Selenium: 11.07µg (15.81%), Iron: 2.32mg (12.88%), Vitamin B3: 2.15mg (10.74%), Vitamin

B2: 0.18mg (10.35%), Phosphorus: 72.87mg (7.29%), Fiber: 1.71g (6.83%), Calcium: 60.04mg (6%), Magnesium: 23.8mg (5.95%), Vitamin B6: 0.12mg (5.77%), Copper: 0.12mg (5.75%), Potassium: 179.09mg (5.12%), Vitamin E: 0.7mg (4.7%), Vitamin C: 2.38mg (2.89%), Vitamin K: 2.98µg (2.84%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.38mg (2.51%)