



Whole Grain Banana Muffins

 Vegetarian

READY IN



33 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 small bananas ripe mashed
- ☐ 2 teaspoons egg whites
- ☐ 0.3 cup cup heavy whipping cream sour low fat
- ☐ 0.3 cup maple syrup
- ☐ 1 cup oat bran
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 cup nonfat yogurt plain

- ☐ 0.8 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup flour whole wheat
- ☐ 0.8 cup pastry flour whole wheat

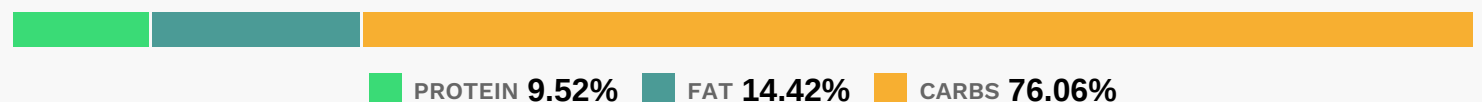
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 12 cup muffin tin.
- ☐ In a large bowl, whisk together whole wheat flours, oat bran, sugar, baking powder, and salt. Stir in raisins. In another bowl, mix together yogurt, sour cream, applesauce, maple syrup, egg whites, vanilla, and bananas.
- ☐ Pour yogurt mixture into flour mixture, and mix just enough to combine. Spoon batter into muffin cups.
- ☐ Sprinkle one teaspoon pecans over batter in each cup.
- ☐ Bake muffins in preheated oven for 15 to 20 minutes.
- ☐ Remove from oven, and transfer muffins to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:31.39, Glycemic Load:14.2, Inflammation Score:-3, Nutrition Score:10.533478208048%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 182.53kcal (9.13%), Fat: 3.33g (5.12%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 35.07g (12.75%), Sugar: 12.86g (14.29%), Cholesterol: 1.88mg (0.63%), Sodium: 220.31mg (9.58%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.94g (9.89%), Manganese: 1.42mg (71.17%), Selenium: 13.36µg (19.09%), Phosphorus: 178.4mg (17.84%), Fiber: 4.43g (17.7%), Vitamin B1: 0.23mg (15.02%), Magnesium: 57.29mg (14.32%), Vitamin B2: 0.2mg (11.86%), Calcium: 108.98mg (10.9%), Potassium: 333.63mg (9.53%), Vitamin B6: 0.19mg (9.49%), Copper: 0.17mg (8.52%), Iron: 1.49mg (8.3%), Zinc: 0.97mg (6.44%), Vitamin B3: 1.04mg (5.18%), Folate: 18.46µg (4.61%), Vitamin B5: 0.4mg (4.02%), Vitamin C: 2.9mg (3.51%), Vitamin E: 0.27mg (1.8%), Vitamin B12: 0.08µg (1.39%)