



Whole-Wheat Banana Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 12 banana chips dried
- ☐ 3 large banana ripe mashed
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.3 cup milk

- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups flour whole-wheat

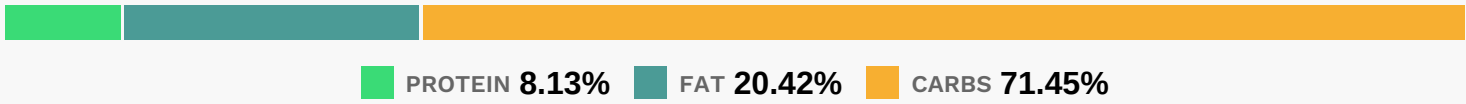
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F; mist a standard 12-cup muffin tin with cooking spray or line with paper or foil liners. In a large bowl, combine both types of flour with baking powder, cinnamon and salt.
- ☐ In a separate bowl, mix bananas with eggs, sugar, milk, butter and vanilla.
- ☐ Whisk until smooth. Fold banana mixture into flour mixture just until combined and batter forms; do not overmix.
- ☐ Spoon batter into muffin cups; place a banana chip on top of each one, if desired.
- ☐ Bake until a toothpick inserted into center of a muffin comes out clean, 18 to 20 minutes.
- ☐ Let cool in pan on a wire rack for 10 minutes, then turn out onto rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:5.51, Inflammation Score:-2, Nutrition Score:6.1395651879518%

Flavonoids

Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 160.05kcal (8%), Fat: 3.78g (5.81%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 27.57g (10.02%), Sugar: 14.65g (16.28%), Cholesterol: 31.47mg (10.49%), Sodium: 96.74mg (4.21%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 3.39g (6.77%), Manganese: 0.62mg (30.91%), Selenium: 11.42µg (16.32%), Fiber: 2.18g (8.74%), Vitamin B6: 0.17mg (8.6%), Phosphorus: 82.36mg (8.24%), Vitamin B1: 0.11mg (7.2%), Magnesium: 27.97mg (6.99%), Vitamin B2: 0.1mg (5.86%), Folate: 21.79µg (5.45%), Iron: 0.95mg (5.27%), Vitamin B3: 1.05mg (5.26%), Potassium: 182.94mg (5.23%), Calcium: 50.31mg (5.03%), Copper: 0.09mg (4.45%), Zinc: 0.5mg (3.35%), Vitamin B5: 0.33mg (3.27%), Vitamin C: 2.42mg (2.93%), Vitamin A: 134.01IU (2.68%), Vitamin E: 0.26mg (1.7%), Vitamin D: 0.23µg (1.57%), Vitamin B12: 0.09µg (1.56%)