

Chocolate Chip Banana Muffins

*White Lace Inn - Sturgeon Bay, WI
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 2 dozen muffins

- 4 overripe bananas, mashed*
- 1 cup sugar*
- 1/2 cup butter*
- 1 egg*
- 1 teaspoon vanilla extract*
- 2 cups flour*
- 1 teaspoon baking soda*
- 1/2 teaspoon baking powder*
- 1 cup semisweet chocolate chips*

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Preheat the oven to 350 degrees.

In a bowl, beat together the bananas, sugar, butter, egg and vanilla.

In a bowl, mix the flour, baking soda and baking powder. Add to the banana mixture. Add the chocolate chips. Spoon into greased muffin tins.

Bake for 25 minutes.

Per Serving (excluding unknown items): 3390 Calories; 150g Fat (38.4% calories from fat); 40g Protein; 499g Carbohydrate; 17g Dietary Fiber; 460mg Cholesterol; 2535mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 29 Fat; 20 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	3390
% Calories from Fat:	38.4%
% Calories from Carbohydrates:	57.0%
% Calories from Protein:	4.6%
Total Fat (g):	150g
Saturated Fat (g):	89g
Monounsaturated Fat (g):	45g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	460mg
Carbohydrate (g):	499g
Dietary Fiber (g):	17g
Protein (g):	40g
Sodium (mg):	2535mg
Potassium (mg):	982mg
Calcium (mg):	282mg
Iron (mg):	18mg
Zinc (mg):	5mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	4065IU
Vitamin A (r.e.):	963 1/2RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	2.1mg
Riboflavin B2 (mg):	1.7mg
Folacin (mcg):	97mcg
Niacin (mg):	16mg
Caffeine (mg):	104mg
Alcohol (kcal):	13
% Refused:	0.0%

Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	29
Other Carbohydrates:	20 1/2

Nutrition Facts

Amount Per Serving

Calories 3390 Calories from Fat: 1303

% Daily Values*

Total Fat	150g	230%
Saturated Fat	89g	445%
Cholesterol	460mg	153%
Sodium	2535mg	106%
Total Carbohydrates	499g	166%
Dietary Fiber	17g	69%
Protein	40g	

Vitamin A	81%
Vitamin C	0%
Calcium	28%
Iron	102%

* Percent Daily Values are based on a 2000 calorie diet.