



Almond-Mocha Muffins

READY IN



50 min.

SERVINGS



12

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon coffee instant
- ☐ 1 eggs

- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup almonds chopped
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.3 teaspoon vegetable oil

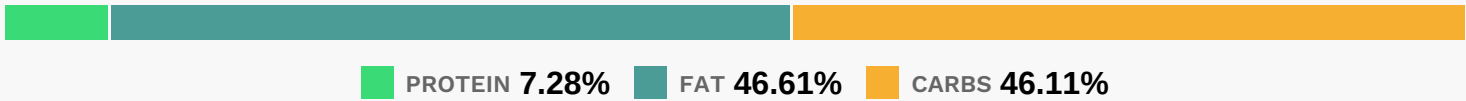
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease or spray bottoms only of 12 regular-size muffin cups, or place paper baking cup in each muffin cup.
- ☐ In medium bowl, mix flour, cocoa, baking powder and salt; set aside. In large bowl, beat brown sugar, milk, oil, coffee and egg with fork or wire whisk. Stir in flour mixture just until flour is moistened. Stir in chocolate chips and almonds. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove muffins from pan to cooling rack. Cool 15 minutes.
- ☐ In small microwavable bowl, microwave glaze ingredients uncovered on High about 45 seconds, stirring every 15 seconds, until chips can be stirred smooth.
- ☐ Drizzle over muffins.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:12.13, Inflammation Score:-4, Nutrition Score:9.4808694901674%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 307.63kcal (15.38%), Fat: 16.19g (24.91%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 33.23g (12.08%), Sugar: 15.72g (17.47%), Cholesterol: 16.98mg (5.66%), Sodium: 203.03mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 27.9mg (9.3%), Protein: 5.69g (11.37%), Manganese: 0.52mg (26.21%), Copper: 0.32mg (15.9%), Selenium: 10.36µg (14.8%), Vitamin E: 2.18mg (14.53%), Phosphorus: 143.96mg (14.4%), Magnesium: 56.52mg (14.13%), Iron: 2.49mg (13.85%), Vitamin B2: 0.23mg (13.25%), Vitamin B1: 0.19mg (12.94%), Vitamin K: 12.55µg (11.95%), Calcium: 113.81mg (11.38%), Fiber: 2.82g (11.27%), Folate: 42.83µg (10.71%), Vitamin B3: 1.74mg (8.71%), Potassium: 226.37mg (6.47%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.31mg (3.11%), Vitamin B12: 0.17µg (2.82%), Vitamin B6: 0.05mg (2.3%), Vitamin D: 0.3µg (1.98%), Vitamin A: 60.3IU (1.21%)