



Cappuccino-Chocolate Chunk Muffin Mix

 Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 tsp calumet baking powder
- 2 cups flour
- 0.5 tsp ground cinnamon
- 0.5 cup maxwell house international suisse mocha
- 0.5 tsp salt
- 4 oz baker's semi-sweet chocolate chopped
- 0.5 cup sugar

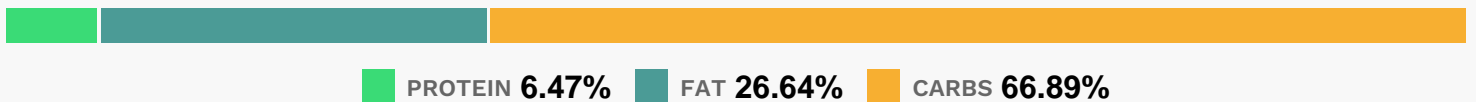
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Layer ingredients in 1-1/2-qt. glass canister or jar in the following order (from bottom to top): flour, chocolate, sugar, flavored instant coffee, baking powder, cinnamon and salt, tapping jar gently on counter to settle each layer before adding the next layer. Cover.
- Attach baking directions (see below) to jar.
- Preheat oven to 375F. Beat 1 egg in large bowl; stir in 1 cup milk and 1/2 cup (1 stick) butter or margarine, melted. Empty muffin mix into bowl. Stir just until moistened. Spoon batter into 12 greased or paper-lined medium muffin cups, filling each cup 2/3 full.
- Bake 15 to 20 min. or until toothpick inserted in centers comes out clean. Cool 5 min.; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:17.58, Inflammation Score:-2, Nutrition Score:5.3886956368452%

Nutrients (% of daily need)

Calories: 201.7kcal (10.09%), Fat: 5.98g (9.2%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 31.86g (11.59%), Sugar: 14.85g (16.51%), Cholesterol: 1.49mg (0.5%), Sodium: 210.54mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 67.56mg (22.52%), Protein: 3.27g (6.53%), Manganese: 0.33mg (16.32%), Selenium: 8.11µg (11.59%), Vitamin B1: 0.17mg (11.19%), Iron: 1.88mg (10.47%), Folate: 38.34µg (9.59%), Copper: 0.19mg (9.45%), Phosphorus: 79.52mg (7.95%), Calcium: 78.5mg (7.85%), Fiber: 1.91g (7.64%), Vitamin B2: 0.13mg (7.53%), Magnesium: 29.14mg (7.29%), Vitamin B3: 1.35mg (6.76%), Zinc: 0.49mg (3.29%), Potassium: 100.96mg (2.88%), Vitamin B5: 0.13mg (1.28%), Vitamin K: 1.19µg (1.14%)