

Cappuccino Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons baking cocoa
- ☐ 2.5 tablespoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 12 servings chocolate chips
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons coffee granules instant
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup semi-sweet mini
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

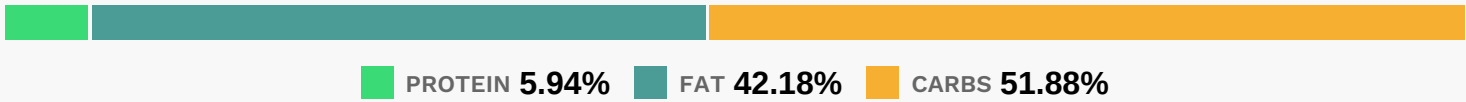
Equipment

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

Directions

- ☐ Combine first 5 ingredients in a large bowl; set aside.
- ☐ Mix together milk, coffee and egg; stir into flour mixture. Stir in butter and vanilla; mix well. Stir in chocolate chips.
- ☐ Spoon batter into paper-lined or greased muffin cups, filling 2/3 full.
- ☐ Bake at 375 degrees for 17 to 20 minutes, until a toothpick tests clean.
- ☐ Cool in pan for 5 minutes; transfer to a wire rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:21.22, Inflammation Score:-4, Nutrition Score:7.4356521782668%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 286.48kcal (14.32%), Fat: 13.63g (20.97%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 35.94g (13.07%), Sugar: 18.29g (20.32%), Cholesterol: 37.09mg (12.36%), Sodium: 437.83mg (19.04%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 37.76mg (12.59%), Protein: 4.32g (8.63%), Calcium: 189.51mg (18.95%), Manganese: 0.34mg (17.05%), Phosphorus: 145.25mg (14.53%), Selenium: 9.92µg (14.17%), Iron: 2.18mg (12.11%), Vitamin B1: 0.18mg (12.08%), Copper: 0.21mg (10.37%), Folate: 40.4µg (10.1%), Vitamin B2: 0.16mg (9.52%), Magnesium: 35.05mg (8.76%), Vitamin B3: 1.61mg (8.03%), Fiber: 1.78g (7.1%), Vitamin A: 294.73IU (5.89%), Potassium: 170.2mg (4.86%), Zinc: 0.64mg (4.3%), Vitamin B12: 0.18µg (2.98%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.35mg (2.32%), Vitamin D: 0.3µg (1.98%), Vitamin B6: 0.03mg (1.66%), Vitamin K: 1.64µg (1.56%)