



Cherry choc muffins

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



321 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 250 g butter unsalted softened
- ☐ 185 g sugar
- ☐ 4 medium eggs
- ☐ 250 g flour plain
- ☐ 1.5 tsp double-acting baking powder
- ☐ 1 tablespoon milk
- ☐ 200 g chocolate dark chopped
- ☐ 425 g cherries pitted drained canned

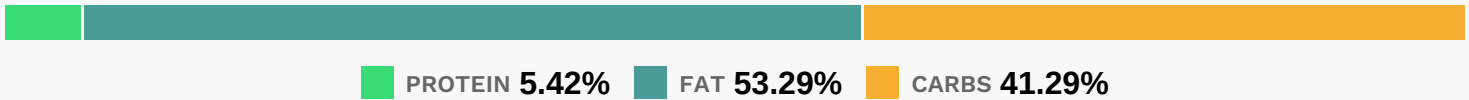
Equipment

- ☐ oven
- ☐ blender
- ☐ muffin tray

Directions

- ☐ In a mixer using the blade attachment, cream together the butter and sugar.
- ☐ Add the eggs, one at a time, and mix for 4 mins.
- ☐ Add the flour, baking powder and milk, and mix for a further 4 mins on slow, then mix in the chocolate.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Cut 16 squares of baking parchment big enough to act as cases for the holes of your muffin tins. Using a piping bag or a spoon, fill the muffin cases with the mixture. When all the cases are filled, share the cherries equally between the muffins, pushing them into the mixture as you go.
- ☐ Bake for 25 mins, then serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:18.64, Inflammation Score:-5, Nutrition Score:7.2299999776094%

Flavonoids

Cyanidin: 8.02mg, Cyanidin: 8.02mg, Cyanidin: 8.02mg, Cyanidin: 8.02mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 321.43kcal (16.07%), Fat: 19.32g (29.73%), Saturated Fat: 11.48g (71.77%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 31.34g (11.39%), Sugar: 18.08g (20.08%), Cholesterol: 75mg (25%), Sodium: 66.34mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10mg (3.33%), Protein: 4.42g (8.84%), Manganese: 0.37mg (18.65%), Iron: 2.56mg (14.21%), Selenium: 9.77µg (13.95%), Copper: 0.27mg (13.52%), Phosphorus: 96.88mg (9.69%), Vitamin A: 473.26IU (9.47%), Fiber: 2.34g (9.37%), Vitamin B1: 0.14mg (9.32%), Magnesium: 36.72mg (9.18%), Vitamin B2: 0.15mg (9.1%), Folate: 35.29µg (8.82%), Vitamin B3: 1.11mg (5.55%), Potassium: 185.72mg (5.31%), Calcium: 51.44mg (5.14%), Zinc: 0.7mg (4.68%), Vitamin E: 0.58mg (3.87%), Vitamin B5: 0.36mg (3.63%), Vitamin D: 0.46µg (3.1%), Vitamin B12: 0.16µg (2.74%), Vitamin K: 2.65µg (2.52%), Vitamin C: 1.86mg (2.25%), Vitamin B6: 0.04mg (2.22%)