



## Chocolate Apple Butter Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 114 grams spiced apple butter
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 63 grams firmly brown sugar packed
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 large egg whites
- ☐ 0.8 cup flour — if you don't have a scale whole wheat white (114 grams)
- ☐ 0.4 teaspoon salt

- ☐ 0.3 cup semisweet chocolate chips – muffins need them for moisture and sweetness
- ☐ 28 grams cocoa powder unsweetened
- ☐ 0.8 teaspoon vanilla
- ☐ 30 ml vegetable oil generous

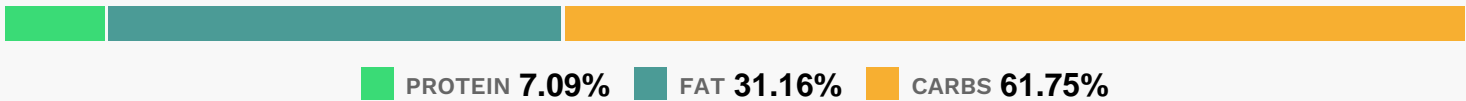
## Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners
- ☐ chopsticks

## Directions

- ☐ Preheat oven to 375 degrees F. Line 6 muffin cups with paper liners and spray the liners with a little flour-added cooking spray.
- ☐ Mix the flour, cocoa powder, baking soda, baking powder, salt and cinnamon together in a bowl. In a mixing bowl, stir the brown sugar, apple butter, egg whites, vanilla and oil together.
- ☐ Pour the dry mixture into the apple butter mixture and stir just until mixed. Divide batter equally among muffin cups (it should come almost to the top and you should be able to foil 6 – possibly 7 muffin cups.
- ☐ Bake for 20–23 minutes or until a toothpick or chopstick inserted in center comes out with moist crumbs rather than batter

## Nutrition Facts



## Properties

Glycemic Index:28.67, Glycemic Load:8.71, Inflammation Score:-3, Nutrition Score:6.7260869812706%

## Flavonoids

Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epicatechin: 9.17mg, Epicatechin: 9.17mg, Epicatechin: 9.17mg, Epicatechin: 9.17mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 231.98kcal (11.6%), Fat: 8.35g (12.85%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 34.16g (12.42%), Sugar: 19.91g (22.12%), Cholesterol: 0.45mg (0.15%), Sodium: 298.02mg (12.96%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Caffeine: 17.18mg (5.73%), Protein: 4.28g (8.55%), Manganese: 0.47mg (23.44%), Copper: 0.32mg (15.82%), Selenium: 9µg (12.86%), Fiber: 3.08g (12.31%), Iron: 2.04mg (11.31%), Magnesium: 43.04mg (10.76%), Vitamin K: 9.37µg (8.93%), Vitamin B1: 0.13mg (8.73%), Vitamin B2: 0.14mg (8.5%), Phosphorus: 81.61mg (8.16%), Folate: 30.83µg (7.71%), Vitamin B3: 1.13mg (5.64%), Potassium: 180.56mg (5.16%), Calcium: 45.68mg (4.57%), Zinc: 0.65mg (4.31%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.15mg (1.47%), Vitamin B6: 0.03mg (1.35%)