



Chocolate Cherry Muffins

READY IN



60 min.

SERVINGS



12

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 5 ounces bittersweet chocolate coarsely chopped (not extra-bitter)
- ☐ 0.3 cup brown sugar packed
- ☐ 4 ounces cherries dried sour
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 cup milk whole

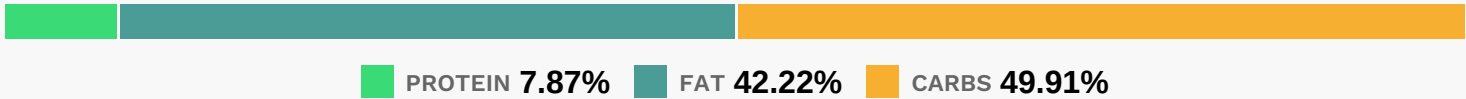
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Heat butter and half of chocolate in milk in a 2-quart saucepan over low heat, stirring constantly, until just melted.
- ☐ Remove from heat. Cool 15 minutes.
- ☐ Add eggs and whisk until smooth.
- ☐ Whisk together flour, cocoa, brown sugar, baking powder, baking soda, and salt in a medium bowl until combined well.
- ☐ Add chocolate mixture and stir until just combined. Stir in remaining chocolate and cherries.
- ☐ Divide among 12 greased (1/2-cup) muffin cups.
- ☐ Bake until a tester comes out clean, 14 to 18 minutes. Cool in pan on a rack 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:8.15, Inflammation Score:-5, Nutrition Score:7.2204348211703%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 252.24kcal (12.61%), Fat: 12.11g (18.63%), Saturated Fat: 7.05g (44.07%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 29.12g (10.59%), Sugar: 16.25g (18.05%), Cholesterol: 49.2mg (16.4%), Sodium: 221.01mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.65mg (5.22%), Protein: 5.08g (10.15%), Manganese: 0.35mg (17.53%), Copper: 0.27mg (13.41%), Selenium: 9.13µg (13.05%), Fiber: 3.09g (12.38%), Vitamin A: 594.25IU (11.88%), Iron: 2.12mg (11.79%), Phosphorus: 113.16mg (11.32%), Magnesium: 40.03mg (10.01%), Vitamin B2: 0.15mg (8.75%), Calcium: 86.84mg (8.68%), Vitamin B1: 0.13mg (8.65%), Folate: 30.37µg (7.59%), Zinc: 0.77mg (5.15%), Vitamin B3: 1.01mg (5.04%), Potassium: 170.08mg (4.86%), Vitamin B12: 0.22µg (3.62%), Vitamin D: 0.5µg (3.3%), Vitamin B5: 0.32mg (3.22%), Vitamin E: 0.34mg (2.27%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 1.53µg (1.46%)