



Chocolate Chip Coconut Muffins



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup coconut butter
- 2 large eggs
- 1 cup vanilla almond milk (or any other vegan milk)
- 1.5 tsp vanilla extract (pure)
- 2 cups flour (gluten-free all-purpose)
- 0.7 cups sugar
- 1 tbsp double-acting baking powder
- 0.5 tsp sea salt

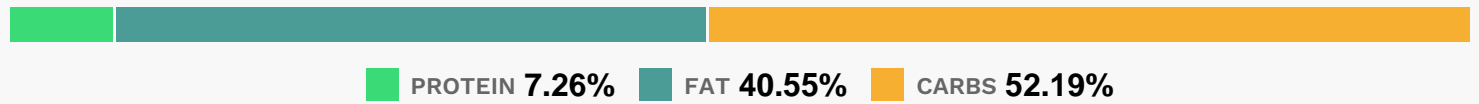
- 1 cup chocolate chips dark
- 0.3 cup coconut flakes
- 0.3 cup coconut flakes

Equipment

Directions

- Go to my blog for the full instructions: <http://gourmandelle.com/chocolate-chip-coconut-muffins/>

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:4.3065217391304%

Nutrients (% of daily need)

Calories: 278.77kcal (13.94%), Fat: 12.81g (19.71%), Saturated Fat: 8.38g (52.37%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 32.62g (11.86%), Sugar: 17.68g (19.64%), Cholesterol: 31.15mg (10.38%), Sodium: 262.07mg (11.39%), Protein: 5.16g (10.32%), Fiber: 4.49g (17.94%), Calcium: 151.97mg (15.2%), Iron: 1.56mg (8.68%), Manganese: 0.16mg (7.98%), Phosphorus: 67.18mg (6.72%), Selenium: 4.21µg (6.02%), Zinc: 0.74mg (4.91%), Vitamin B2: 0.07mg (4.12%), Potassium: 136.31mg (3.89%), Copper: 0.07mg (3.63%), Magnesium: 11.21mg (2.8%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.05mg (2.4%), Vitamin E: 0.34mg (2.29%), Vitamin B12: 0.12µg (1.94%), Folate: 7.49µg (1.87%), Vitamin B1: 0.02mg (1.41%), Vitamin K: 1.19µg (1.14%), Vitamin D: 0.17µg (1.11%)