



Chocolate Chip-Coffee Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 5 tablespoons butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons coffee granules instant
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.7 cup sugar
- ☐ 1.5 teaspoons vanilla extract

☐ 0.7 cup milk whole

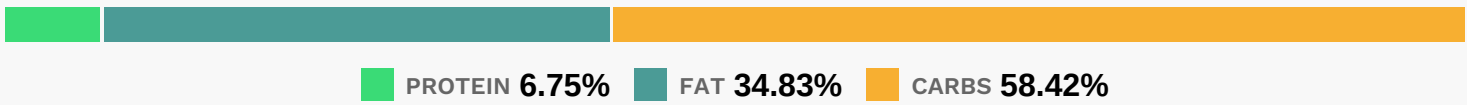
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt) in a large bowl; stir well with a whisk. Make a well in center of flour mixture.
- ☐ Add milk mixture to flour mixture; stir just until moist.
- ☐ Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 18 minutes or until done.
- ☐ Remove muffins from pan immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:19.67, Inflammation Score:-3, Nutrition Score:5.593478285748%

Nutrients (% of daily need)

Calories: 224.16kcal (11.21%), Fat: 8.68g (13.35%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 31.59g (11.49%), Sugar: 14.63g (16.26%), Cholesterol: 30.12mg (10.04%), Sodium: 169.48mg (7.37%), Alcohol: 0.17g (100%), Alcohol %: 0.33% (100%), Caffeine: 45.7mg (15.23%), Protein: 3.78g (7.57%), Selenium: 9.51µg (13.59%), Manganese: 0.27mg (13.32%), Vitamin B1: 0.18mg (11.71%), Folate: 40.26µg (10.06%), Iron: 1.65mg (9.17%), Vitamin B2: 0.15mg (8.81%), Phosphorus: 83.77mg (8.38%), Vitamin B3: 1.67mg (8.34%), Calcium: 69.31mg (6.93%), Copper: 0.13mg (6.49%), Magnesium: 24.36mg (6.09%), Fiber: 1.16g (4.66%), Potassium: 137.66mg (3.93%), Vitamin A: 193.99IU (3.88%), Zinc: 0.47mg (3.1%), Vitamin B5: 0.24mg (2.36%), Vitamin B12: 0.13µg (2.23%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.23µg (1.55%), Vitamin B6: 0.03mg (1.39%), Vitamin K: 1.09µg (1.04%)