



Chocolate Chip Muffins

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 teaspoons double-acting baking powder
- 2 tablespoons brown sugar
- 1 eggs
- 2 cups flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon salt
- 0.8 cup semi-sweet chocolate chips mini
- 0.3 cup vegetable oil

3 tablespoons sugar white

Equipment

bowl

frying pan

oven

toothpicks

muffin liners

Directions

Heat oven to 400 degrees F (205 degrees C). Grease bottoms only of 12 muffin cups or line with baking cups.

In a medium bowl, combine flour, 1/2 cup sugar, baking powder, chocolate chips, and salt; mix well. In a small bowl, combine milk, oil and egg; blend well.

Add dry ingredients all at once; stir just until dry ingredients are moistened (batter will be lumpy.)

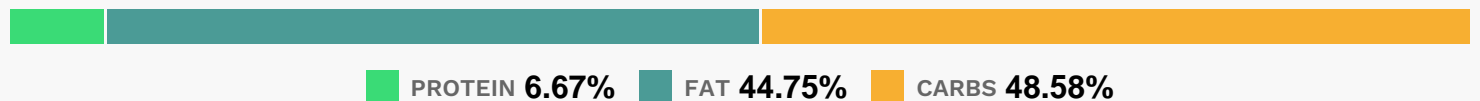
Fill cups 2/3 full.

Sprinkle tops of muffins before baking with a combination of 3 tablespoons sugar and 2 tablespoon brown sugar.

Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 1 minute before removing from pan.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:14.12, Inflammation Score:-2, Nutrition Score:6.358695698821%

Nutrients (% of daily need)

Calories: 226.77kcal (11.34%), Fat: 11.3g (17.38%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 26.16g (9.51%), Sugar: 9.75g (10.84%), Cholesterol: 16.13mg (5.38%), Sodium: 216mg (9.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.41mg (3.14%), Protein: 3.79g (7.57%), Manganese: 0.29mg (14.52%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.18mg (11.8%), Vitamin K: 12.04µg (11.47%), Iron: 1.85mg (10.28%), Folate: 39.87µg (9.97%), Phosphorus: 95.59mg (9.56%), Calcium: 91.23mg (9.12%), Vitamin B2: 0.15mg (8.63%), Copper: 0.17mg (8.53%), Vitamin B3: 1.34mg (6.71%), Magnesium: 26.56mg (6.64%), Fiber: 1.44g (5.76%), Vitamin E: 0.62mg (4.12%), Zinc: 0.55mg (3.65%), Potassium: 115.18mg (3.29%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.24µg (1.61%), Vitamin B6: 0.03mg (1.46%)