



Chocolate Chip Sourdough Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs beaten
- ☐ 1.8 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 1 cup milk chocolate chips
- ☐ 1 teaspoon salt
- ☐ 1.5 cups starter
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil

☐ 0.5 cup sugar white

Equipment

☐ bowl

☐ oven

☐ muffin tray

Directions

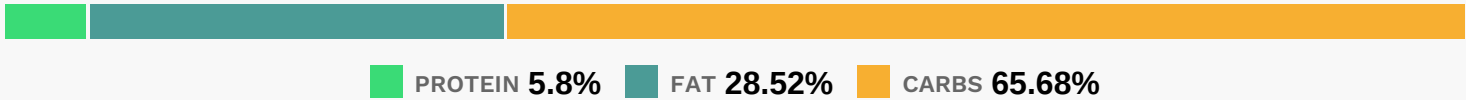
☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease one 12-cup muffin tin.

☐ In a large bowl combine the sourdough starter, egg, milk, oil and vanilla. Stir in the salt, flour, sugar and cinnamon until just combined. Fold in the chocolate chips.

☐ Fill muffin tins about 2/3 of the way full.

☐ Bake at 400 degrees F (200 degrees C) for 20 to 25 minutes or until muffins test done.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:16, Inflammation Score:-1, Nutrition Score:3.5413043373467%

Nutrients (% of daily need)

Calories: 232.59kcal (11.63%), Fat: 7.4g (11.39%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 37.54g (13.65%), Sugar: 17.32g (19.25%), Cholesterol: 14.45mg (4.82%), Sodium: 202.52mg (8.81%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 3.39g (6.77%), Selenium: 7.49µg (10.7%), Vitamin B1: 0.15mg (9.9%), Folate: 35.09µg (8.77%), Manganese: 0.16mg (7.82%), Vitamin B2: 0.12mg (6.95%), Vitamin B3: 1.09mg (5.45%), Iron: 0.93mg (5.17%), Vitamin K: 4.31µg (4.1%), Phosphorus: 33.92mg (3.39%), Fiber: 0.79g (3.17%), Calcium: 25.75mg (2.57%), Potassium: 79.01mg (2.26%), Vitamin B5: 0.16mg (1.62%), Vitamin E: 0.24mg (1.61%), Copper: 0.03mg (1.52%), Zinc: 0.21mg (1.38%), Magnesium: 5.41mg (1.35%), Vitamin B12: 0.07µg (1.15%)