



Chocolate Chocolate Chip Nut Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 eggs
- 2 cups flour all-purpose
- 1.3 cups milk
- 0.3 teaspoon salt
- 1 cup semi chocolate chips
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

- 2 tablespoons vegetable oil
- 0.8 cup walnuts chopped
- 4 tablespoons sugar white
- 0.3 cup almonds whole

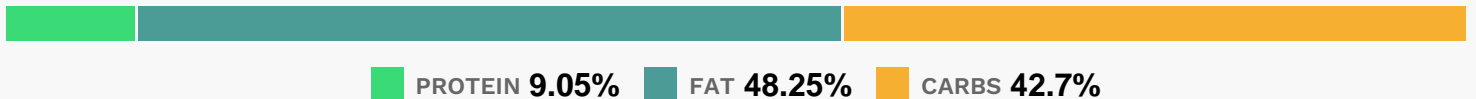
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
- In medium bowl, Sift together flour, cocoa, sugar, baking powder, baking soda and salt. In large bowl stir in milk, egg, oil and vanilla.
- Mix dry ingredients to large bowl; beat well.
- Add chocolate chips and walnuts, stir well.
- Fill muffin cups 3/4 full. Poke almonds into tops of unbaked muffins.
- Sprinkle muffins with sugar.
- Bake for 20 to 25 minutes, or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:15.05, Inflammation Score:-5, Nutrition Score:11.193043314568%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg,

Epigallocatechin: 0.1mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:
0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg,
Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg
Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 298.92kcal (14.95%), Fat: 16.63g (25.59%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 33.12g (11.04%),
Net Carbohydrates: 29.04g (10.56%), Sugar: 11.26g (12.51%), Cholesterol: 17.59mg (5.86%), Sodium: 182.5mg
(7.93%), Alcohol: 0.1g (100%), Alcohol %: 0.17% (100%), Caffeine: 21.14mg (7.05%), Protein: 7.02g (14.04%),
Manganese: 0.82mg (41.1%), Copper: 0.51mg (25.69%), Magnesium: 74.85mg (18.71%), Phosphorus: 179.77mg
(17.98%), Fiber: 4.08g (16.3%), Iron: 2.91mg (16.19%), Selenium: 10.99µg (15.7%), Vitamin B1: 0.22mg (14.66%),
Vitamin B2: 0.23mg (13.42%), Folate: 49.91µg (12.48%), Calcium: 107.46mg (10.75%), Vitamin E: 1.41mg (9.4%), Zinc:
1.29mg (8.6%), Vitamin B3: 1.69mg (8.45%), Potassium: 267.07mg (7.63%), Vitamin K: 5.69µg (5.41%), Vitamin B6:
0.09mg (4.25%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.35µg (2.35%), Vitamin A:
69.98IU (1.4%)