



Chocolate Delight Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 0.8 cup flour whole wheat
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semisweet chocolate chips miniature

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

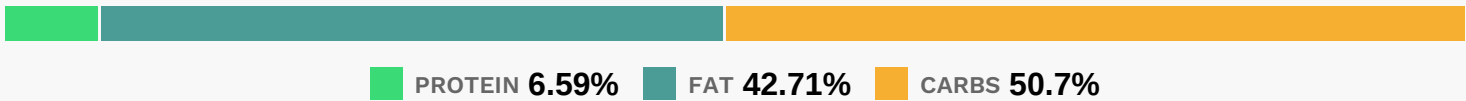
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups. In medium bowl, mix buttermilk, butter and egg with spoon until blended. Stir in flours, brown sugar, cocoa, baking soda, vanilla and salt just until moistened. Stir in chocolate chips.
- ☐ Divide batter evenly among muffin cups.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:6.05, Inflammation Score:-5, Nutrition Score:7.9799999162231%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 267.52kcal (13.38%), Fat: 13.18g (20.28%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 32.01g (11.64%), Sugar: 18.11g (20.12%), Cholesterol: 16.43mg (5.48%), Sodium: 261.02mg (11.35%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Caffeine: 16.72mg (5.57%), Protein: 4.58g (9.16%), Manganese: 0.66mg (32.78%), Selenium: 11.54µg (16.48%), Copper: 0.32mg (15.95%), Magnesium: 51.8mg (12.95%), Fiber: 3.2g (12.79%), Phosphorus: 116.96mg (11.7%), Iron: 2.04mg (11.35%), Vitamin B1: 0.14mg (9.15%), Vitamin A: 396.73IU (7.93%), Vitamin B2: 0.13mg (7.78%), Folate: 26.46µg (6.62%), Zinc: 0.9mg (6.01%), Vitamin B3: 1.19mg (5.93%), Potassium: 203.55mg (5.82%), Calcium: 54.18mg (5.42%), Vitamin B6: 0.06mg (3.13%), Vitamin E: 0.47mg (3.11%), Vitamin B5: 0.29mg (2.88%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.33µg (2.22%)