



Chocolate Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup salad oil
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.8 cup cocoa unsweetened
- ☐ 0.5 cup chocolate chips white

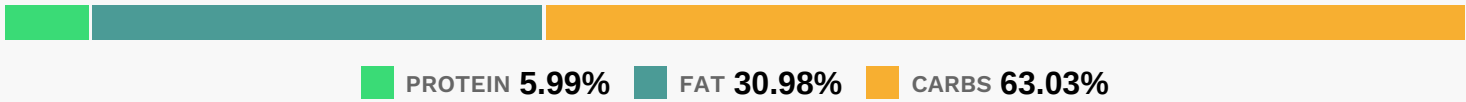
Equipment

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

Directions

- ☐ In a bowl, mix flour with sugar, cocoa, baking powder, baking soda, and salt.
- ☐ In another bowl, combine applesauce, egg, oil, and almond extract. Beat to blend, then add flour mixture and stir until evenly moistened.
- ☐ Stir in chocolate chips.
- ☐ Spoon the chocolate batter into 12 oiled or paper-lined muffin cups (2 1/2 to 2 3/4 in. wide).
- ☐ Bake in a 350 oven until muffins just begin to pull from pan sides and centers spring back when lightly pressed, about 20 minutes.
- ☐ Cool muffins in pan about 5 minutes, then turn out onto racks.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:23.53, Inflammation Score:-3, Nutrition Score:6.0739131012689%

Flavonoids

Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epicatechin: 11.66mg, Epicatechin: 11.66mg, Epicatechin: 11.66mg, Epicatechin: 11.66mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 230.07kcal (11.5%), Fat: 8.43g (12.97%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 35.95g (13.07%), Sugar: 23.13g (25.7%), Cholesterol: 17.08mg (5.69%), Sodium: 179.4mg (7.8%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Caffeine: 12.36mg (4.12%), Protein: 3.67g (7.33%), Manganese: 0.32mg (16.04%), Copper: 0.24mg (12.03%), Selenium: 7.84µg (11.21%), Fiber: 2.65g (10.6%), Iron: 1.69mg (9.4%), Phosphorus: 93.41mg (9.34%), Vitamin B1: 0.14mg (9.24%), Folate: 33.41µg (8.35%), Vitamin B2: 0.14mg (8.22%), Magnesium: 32.46mg (8.12%), Calcium: 66.67mg (6.67%), Vitamin E: 0.98mg (6.53%), Vitamin B3: 1.12mg (5.58%), Vitamin K: 4.31µg (4.1%), Potassium: 141.27mg (4.04%), Zinc: 0.59mg (3.95%), Vitamin B5: 0.2mg (2%), Vitamin B6: 0.03mg (1.5%), Vitamin B12: 0.08µg (1.32%)