



Chocolate Muffins with Coconut Oil

READY IN



32 min.

SERVINGS



9

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup buttermilk room temperature
- ☐ 0.3 cup chocolate chips miniature (or regular size)
- ☐ 50 grams coconut oil at room temperature
- ☐ 1 large eggs room temperature
- ☐ 1 cup flour all-purpose (4.5 ounces/126 grams)
- ☐ 6 tablespoons granulated sugar
- ☐ 0.3 teaspoon salt

☐ 0.5 teaspoon vanilla

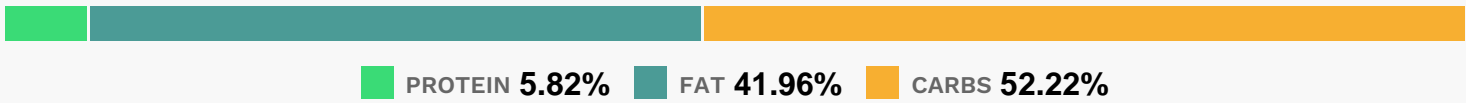
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F. Line 9 muffin cups with paper liners. If you're making jumbo size muffins, line 4 or 5 cups.
- ☐ Mix the flour, baking powder, baking soda and salt together in a bowl. When well mixed, stir in the cocoa powder and evaporated cane juice (or sugar or sugar substitute). Stir in the chocolate chips. In a mixing bowl, whisk together coconut oil and egg. When well mixed, gradually whisk in buttermilk and vanilla.
- ☐ Add the dry mixture to the wet mixture and stir just until blended. Divide batter evenly among the muffin cups. It should come up almost to the top of each cup.
- ☐ Bake on center rack for 22 minutes or until the muffins appear set.
- ☐ Let cool in the muffin tin.

Nutrition Facts



Properties

Glycemic Index:24.44, Glycemic Load:8, Inflammation Score:-1, Nutrition Score:3.1521739525639%

Nutrients (% of daily need)

Calories: 177.64kcal (8.88%), Fat: 8.66g (13.33%), Saturated Fat: 6.31g (39.42%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 23.89g (8.69%), Sugar: 13.1g (14.55%), Cholesterol: 22.62mg (7.54%), Sodium: 175.81mg (7.64%), Alcohol: 0.08g (100%), Alcohol %: 0.17% (100%), Protein: 2.71g (5.41%), Selenium: 7.07µg (10.1%), Vitamin B1: 0.12mg (7.98%), Vitamin B2: 0.12mg (7.34%), Folate: 28.92µg (7.23%), Manganese: 0.1mg (4.88%), Phosphorus:

45.99mg (4.6%), Calcium: 43.58mg (4.36%), Iron: 0.78mg (4.31%), Vitamin B3: 0.84mg (4.21%), Vitamin D: 0.34µg (2.28%), Vitamin B12: 0.13µg (2.19%), Vitamin B5: 0.21mg (2.14%), Potassium: 68.71mg (1.96%), Zinc: 0.24mg (1.59%), Fiber: 0.38g (1.5%), Copper: 0.03mg (1.43%), Magnesium: 5.59mg (1.4%), Vitamin A: 59.33IU (1.19%), Vitamin B6: 0.02mg (1.1%)