



Chocolate-Peppermint Muffins

 Gluten Free

READY IN



21 min.

SERVINGS



8

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup milk fat-free
- ☐ 7 ounce chocolate-chocolate chip muffin mix
- ☐ 0.3 cup peppermint candies crushed 12 round peppermint candies
- ☐ 2 tablespoons apple sauce unsweetened

Equipment

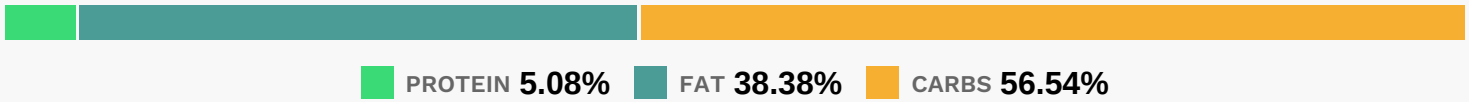
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ muffin tray

Directions

- ☐ Combine first 4 ingredients in a small bowl. Stir just until dry ingredients are moistened. Fold in peppermint candy.
- ☐ Spoon batter into a muffin pan coated with cooking spray, filling two-thirds full.
- ☐ Bake at 425 for 13 to 15 minutes or until tops spring back when lightly touched.
- ☐ Remove from pan immediately.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:0.17, Inflammation Score:0, Nutrition Score:1.3421739214302%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 165.66kcal (8.28%), Fat: 7.66g (11.79%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 24.38g (8.86%), Sugar: 21.37g (23.74%), Cholesterol: 20.77mg (6.92%), Sodium: 229.03mg (9.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Calcium: 56.3mg (5.63%), Fiber: 1.03g (4.13%), Iron: 0.55mg (3.06%), Selenium: 1.9µg (2.72%), Vitamin B2: 0.04mg (2.33%), Phosphorus: 22mg (2.2%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.12mg (1.22%), Vitamin A: 54.34IU (1.09%)