



Cinnamon Chips Muffins

 Vegetarian

READY IN



23 min.

SERVINGS



12

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups biscuit baking mix all-purpose
- ☐ 1 cup hershey®'s cinnamon chips
- ☐ 1 eggs slightly beaten
- ☐ 0.7 cup milk
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup sugar white

Equipment

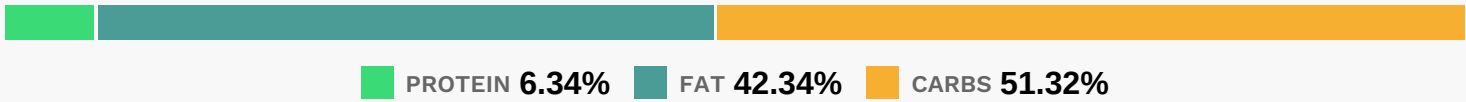
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400 F. Grease or paper-line 12 muffin cups (2-1/2-inches in diameter).
- ☐ Stir together baking mix, sugar, vegetable oil, egg, cinnamon chips and milk in medium bowl just until moistened. Divide batter evenly into prepared muffin cups.
- ☐ Bake 15 to 18 minutes or just until browned. Cool slightly; remove from pan.

Nutrition Facts



Properties

Glycemic Index:14.37, Glycemic Load:7.37, Inflammation Score:-1, Nutrition Score:4.538260900456%

Nutrients (% of daily need)

Calories: 191.66kcal (9.58%), Fat: 9.09g (13.99%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 23.49g (8.54%), Sugar: 8.54g (9.49%), Cholesterol: 15.67mg (5.22%), Sodium: 362.22mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Phosphorus: 153.13mg (15.31%), Vitamin B1: 0.14mg (9.24%), Folate: 31.06µg (7.77%), Vitamin B2: 0.13mg (7.65%), Vitamin B3: 1.37mg (6.84%), Manganese: 0.11mg (5.73%), Calcium: 56.36mg (5.64%), Vitamin K: 5.52µg (5.26%), Fiber: 1.31g (5.23%), Iron: 0.88mg (4.9%), Selenium: 3.02µg (4.31%), Potassium: 142.88mg (4.08%), Vitamin B5: 0.39mg (3.9%), Vitamin B6: 0.07mg (3.26%), Vitamin B12: 0.18µg (3.06%), Magnesium: 10.62mg (2.65%), Copper: 0.04mg (2.01%), Zinc: 0.29mg (1.92%), Vitamin E: 0.26mg (1.71%), Vitamin C: 1.3mg (1.58%), Vitamin D: 0.22µg (1.48%)