



Coconut Flour Chocolate Muffins

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons agave nectar
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons chocolate chips
- ☐ 0.3 cup coconut flour
- ☐ 2 tablespoons coconut milk whole
- ☐ 3 large eggs room temperature
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons dutch process cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

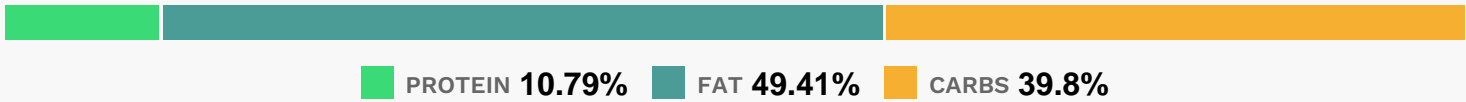
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 400 degrees F. Line 6 muffin cups with foil liners or grease using your preferred method – I used a little butter and dusted it with extra cocoa powder. Foil cupcake liners would probably be ideal.
- ☐ Mix the coconut flour, cocoa powder, baking powder and salt together in a bowl and set aside.In a small mixing bowl, whisk together the eggs, milk, agave, melted butter, and vanilla.
- ☐ Add the flour mixture to the liquid mixture and stir until blended, then add chocolate chips.Divide batter between 6 muffin cups and bake for about 15 minutes or until muffins appear set.
- ☐ Let cool in the pan for about 10 minutes, then carefully remove from muffin cups.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:4.0595652538797%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 155.39kcal (7.77%), Fat: 8.67g (13.34%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 13.31g (4.84%), Sugar: 10.74g (11.93%), Cholesterol: 103.03mg (34.34%), Sodium: 192.2mg (8.36%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Caffeine: 3.83mg (1.28%), Protein: 4.26g (8.52%), Selenium: 8.14µg (11.63%), Fiber: 2.4g (9.59%), Vitamin B2: 0.14mg (8.09%), Phosphorus: 66.63mg (6.66%), Vitamin A: 251.62IU (5.03%), Iron: 0.84mg (4.68%), Copper: 0.08mg (4.12%), Vitamin B5: 0.39mg (3.93%), Folate: 15.57µg (3.89%), Vitamin B12: 0.23µg (3.84%), Manganese: 0.07mg (3.63%), Vitamin B6: 0.07mg (3.46%), Vitamin D: 0.5µg (3.33%), Calcium: 31.8mg (3.18%), Vitamin E: 0.48mg (3.17%), Zinc: 0.44mg (2.95%), Magnesium: 11.6mg (2.9%), Vitamin K: 2.81µg (2.67%), Potassium: 76.21mg (2.18%), Vitamin C: 1.78mg (2.16%), Vitamin B1: 0.02mg (1.63%)