



Double Chocolate Mini Muffins

READY IN



40 min.

SERVINGS



24

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup sugar
- ☐ 0.3 cup dutch-processed cocoa powder unsweetened
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon vanilla

- ☐ 1 eggs
- ☐ 1 cup semisweet chocolate chips miniature

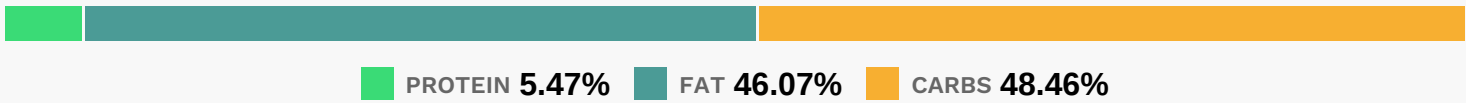
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place mini paper baking cup in each of 24 mini muffin cups.
- ☐ In medium bowl, mix flour, sugar, cocoa, baking powder, baking soda and salt with whisk. In small bowl, mix buttermilk, oil, vanilla and egg with whisk.
- ☐ Add buttermilk mixture and chocolate chips to flour mixture, stirring gently until blended. Divide batter evenly among muffin cups, filling full.
- ☐ Bake 12 to 14 minutes or until top springs back when touched lightly in center. Cool 5 minutes; remove from pans to cooling rack. Cool completely, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:6.85, Inflammation Score:-2, Nutrition Score:3.3121738835521%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 126.47kcal (6.32%), Fat: 6.62g (10.18%), Saturated Fat: 2.78g (17.34%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.3g (5.2%), Sugar: 9.47g (10.52%), Cholesterol: 7.96mg (2.65%), Sodium: 65.12mg (2.83%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Caffeine: 11.23mg (3.74%), Protein: 1.77g (3.53%), Manganese: 0.21mg (10.67%), Copper: 0.18mg (8.95%), Magnesium: 25.22mg (6.3%), Iron: 1.08mg (5.98%), Fiber: 1.37g (5.49%), Selenium: 3.55µg (5.07%), Phosphorus: 49.74mg (4.97%), Vitamin K: 4.95µg (4.72%), Vitamin B1: 0.05mg (3.2%), Vitamin B2: 0.05mg (3.04%), Zinc: 0.42mg (2.82%), Folate: 11.03µg (2.76%), Potassium: 89.28mg (2.55%), Vitamin B3: 0.42mg (2.11%), Calcium: 20.18mg (2.02%), Vitamin E: 0.27mg (1.81%), Vitamin B5: 0.1mg (1.03%)