



Double Chocolate-Mocha Muffins

READY IN



10 min.

SERVINGS



100

CALORIES



40 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 10 ounce semisweet chocolate chunks
- ☐ 0.3 cup cocoa powder
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoons espresso powder
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup brown sugar light
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegetable oil

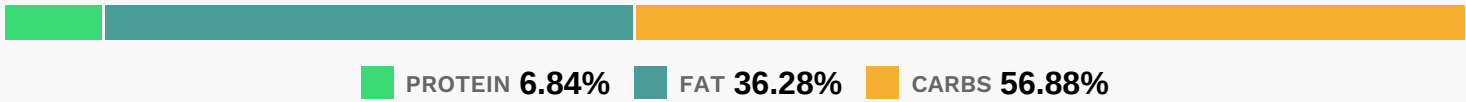
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Line a 12-cup muffin pan with paper liners.
- ☐ Whisk together first 6 ingredients in a large bowl.
- ☐ Whisk together eggs and remaining ingredients in a medium bowl; stir egg mixture into flour mixture just until blended. (Do not overmix.)
- ☐ Pour batter evenly into prepared muffin pan.
- ☐ Bake 18 to 20 minutes.
- ☐ Serve warm, or cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:2.15, Inflammation Score:-1, Nutrition Score:1.168260872364%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 40.34kcal (2.02%), Fat: 1.65g (2.54%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.43g (1.98%), Sugar: 3.24g (3.6%), Cholesterol: 4.18mg (1.39%), Sodium: 27.43mg (1.19%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.67mg (1.56%), Protein: 0.7g (1.4%), Manganese: 0.07mg (3.39%), Copper: 0.05mg (2.56%), Selenium: 1.51µg (2.15%), Iron: 0.38mg (2.09%), Phosphorus: 19.45mg (1.94%), Magnesium: 7.68mg (1.92%), Fiber: 0.4g (1.6%), Vitamin B1: 0.02mg (1.5%), Calcium: 14.12mg (1.41%), Vitamin B2: 0.02mg (1.33%), Folate: 5.15µg (1.29%)