



Double-Chocolate Muffins

READY IN



45 min.

SERVINGS



18

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup banana ripe mashed
- 3 large eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.8 cup yogurt plain
- 1 teaspoon salt
- 0.8 cup semi chocolate chips

- 2 cups sugar
- 0.5 cup cocoa unsweetened
- 1 teaspoon vanilla
- 1 cup vegetable oil
- 1 cup flour whole-wheat

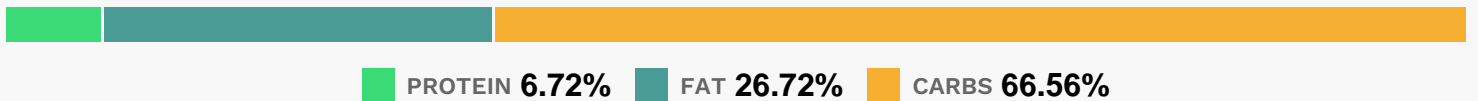
Equipment

- bowl
- oven
- skewers
- muffin liners

Directions

- In a large bowl, beat eggs, sugar, oil, banana, yogurt, and vanilla to blend. In a smaller bowl, stir together whole-wheat and all-purpose flours, cocoa, cinnamon, salt, baking soda, and baking powder. Gently stir flour mixture and chocolate chips into egg mixture just until incorporated. Spoon batter evenly into 18 paper-lined muffin cups (3/4-cup capacity; fill them all the way to the top).
- Bake muffins in a 350 regular or convection oven until a wooden skewer inserted into the center comes out with moist crumbs attached, about 25 minutes. Cool 10 minutes and remove from pans.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:17.55, Glycemic Load:20.16, Inflammation Score:-3, Nutrition Score:6.514782672343%

Flavonoids

Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg,

Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 228.46kcal (11.42%), Fat: 7.07g (10.88%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 37.05g (13.47%), Sugar: 26.32g (29.24%), Cholesterol: 32.78mg (10.93%), Sodium: 220.14mg (9.57%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Caffeine: 11.94mg (3.98%), Protein: 4g (8%), Manganese: 0.55mg (27.51%), Selenium: 10.43µg (14.9%), Copper: 0.24mg (11.77%), Fiber: 2.61g (10.43%), Magnesium: 39.82mg (9.96%), Phosphorus: 98.43mg (9.84%), Iron: 1.57mg (8.72%), Vitamin B2: 0.12mg (6.84%), Vitamin B1: 0.1mg (6.7%), Folate: 22.29µg (5.57%), Zinc: 0.77mg (5.1%), Vitamin K: 5.31µg (5.06%), Potassium: 161.47mg (4.61%), Vitamin B3: 0.91mg (4.57%), Vitamin B6: 0.08mg (3.81%), Calcium: 36.32mg (3.63%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.4mg (2.66%), Vitamin B12: 0.13µg (2.09%), Vitamin A: 63.78IU (1.28%), Vitamin D: 0.18µg (1.18%)