



Double Chocolate Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 cup chocolate non-dairy milk
- ☐ 0.3 cup sugar raw
- ☐ 2.5 tbsp apple sauce unsweetened
- ☐ 2 tbsp cocoa unsweetened
- ☐ 0.3 tsp vanilla extract
- ☐ 0.5 cup vegan chocolate chips
- ☐ 1 cup pastry flour whole wheat

Equipment

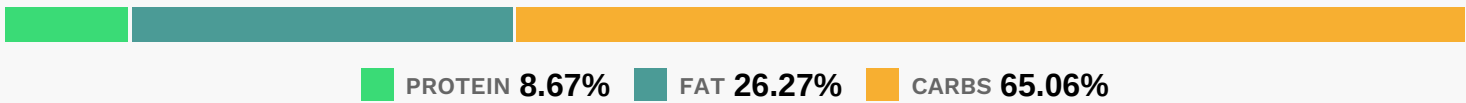
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat oven 375 F. Spray paper cups with cooking spray, place into a muffin tin and set aside. In a large bowl, whisk applesauce, vanilla and non-dairy milk together. In another bowl, whisk flour, baking powder, salt, sugar, and cocoa together.
- ☐ Pour dry mix into wet mix in 2-3 batches, stirring to combine. Once combined, gently stir in chocolate chips. Spoon batter into cups and bake 15-20 minutes.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 40gDietary Fiber2.60gSugars10.60gProtein2.30g

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:6.87478260372%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 165.59kcal (8.28%), Fat: 5.3g (8.15%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 26.12g (9.5%), Sugar: 14.16g (15.73%), Cholesterol: 0mg (0%), Sodium: 79.09mg (3.44%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.55mg (1.18%), Protein: 3.93g (7.87%), Manganese: 0.76mg (38.07%), Selenium: 11.22µg (16.03%), Fiber: 3.4g (13.58%), Iron: 1.95mg (10.84%), Calcium: 87.82mg (8.78%), Phosphorus: 87.27mg (8.73%), Magnesium: 31.68mg (7.92%), Copper: 0.15mg (7.59%), Vitamin B3: 1.44mg (7.22%), Vitamin B1: 0.1mg (6.61%), Vitamin B6: 0.11mg (5.62%), Zinc: 0.6mg (3.97%), Vitamin B2: 0.07mg (3.96%), Vitamin E: 0.56mg (3.71%), Folate: 13.59µg (3.4%), Potassium: 115.84mg (3.31%), Vitamin B12: 0.18µg (3.03%), Vitamin C: 1.27mg (1.54%), Vitamin A: 69.35IU (1.39%), Vitamin D: 0.2µg (1.35%), Vitamin B5: 0.11mg (1.1%)