



Double Chocolate Muffins (Again...Sheesh!)

READY IN



45 min.

SERVINGS



12

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups minus 2 tablespoons all purpose flour
- 4 teaspoons double-acting baking powder
- 0.3 cup natural cocoa powder unsweetened
- 1 large eggs
- 1 cup granulated sugar
- 1 tablespoon honey generous
- 0.5 teaspoon morton kosher salt salted (omit if using butter)
- 0.3 cup milk
- 1 cup yogurt plain

- 7 tablespoons butter unsalted salted
- 0.7 cup semi-sweet chocolate chips dark
- 1.3 teaspoon vanilla

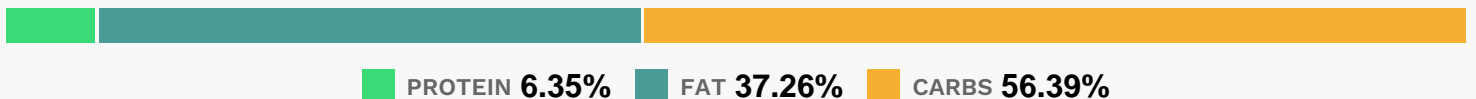
Equipment

- bowl
- oven
- whisk
- mixing bowl
- toothpicks
- microwave
- spatula
- muffin liners

Directions

- Preheat oven to 500 degree F. Line 12 muffin cups with paper liners. Melt the butter in a medium size microwave-safe bowl and set it aside to cool for a few minutes. Sift the flour, baking powder, salt, sugar and cocoa powder into a large mixing bowl.
- Whisk the milk, honey, egg, yogurt and vanilla into the bowl with the melted butter. Scrape the yogurt mixture into the flour mixture and stir with a wide spatula scraper until mixed – it should be lumpy. Stir in the chocolate chips. At this point, the batter should be thick enough to kind of pile into the muffin cups. It should not be soupy or runny at all. Divide the muffins evenly among the muffin cups filling the muffin cups as high as you can.
- Put the muffin cups on the center rack, close the oven and bake at 500 for about 1 ½ minutes. Reduce heat to 375 degrees F. and cook for another 18-20 minutes at 375 degrees F until a toothpick inserted in center comes out clean.
- Let the muffins cool.

Nutrition Facts



Properties

Glycemic Index:33.03, Glycemic Load:24.53, Inflammation Score:-4, Nutrition Score:7.4295652949292%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 291.49kcal (14.57%), Fat: 12.38g (19.04%), Saturated Fat: 7.35g (45.96%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 39.91g (14.51%), Sugar: 23.09g (25.65%), Cholesterol: 37.56mg (12.52%), Sodium: 163.62mg (7.11%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Caffeine: 13.86mg (4.62%), Protein: 4.75g (9.5%), Manganese: 0.37mg (18.42%), Selenium: 10.28µg (14.68%), Phosphorus: 131.12mg (13.11%), Calcium: 128.26mg (12.83%), Copper: 0.25mg (12.52%), Vitamin B1: 0.18mg (12.02%), Iron: 2.16mg (12.01%), Folate: 42.56µg (10.64%), Vitamin B2: 0.18mg (10.46%), Magnesium: 37.99mg (9.5%), Fiber: 2.23g (8.92%), Vitamin B3: 1.4mg (6.98%), Vitamin A: 267.84IU (5.36%), Zinc: 0.78mg (5.21%), Potassium: 165.43mg (4.73%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.18µg (3.02%), Vitamin E: 0.33mg (2.17%), Vitamin D: 0.3µg (2.01%), Vitamin B6: 0.03mg (1.69%), Vitamin K: 1.48µg (1.41%)