



WHATSheATE



Easy Chocolate Muffins

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 14 grams natural cocoa powder unsweetened
- ☐ 1 large eggs
- ☐ 84 grams evaporated milk ()
- ☐ 60 grams granulated sugar
- ☐ 71 grams butter salted cooled melted
- ☐ 0.8 cup self raising flour (110 grams)
- ☐ 0.5 cup semi-sweet chocolate chips
- ☐ 0.5 teaspoon vanilla extract

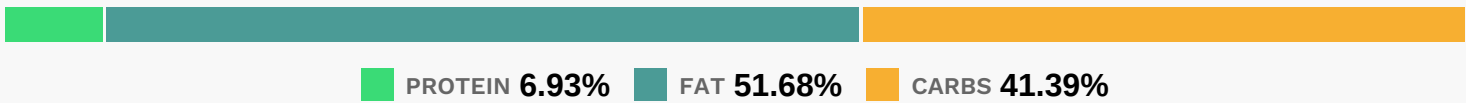
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F. Line 6 muffin cups with large paper liners
- ☐ Mix flour, cocoa and sugar in a mixing bowl.
- ☐ Whisk butter, egg, evaporated milk and vanilla in a separate bowl.
- ☐ Add milk mixture to flour mixture and stir until just combined. Fold in chocolate chips. Spoon the mixture evenly into prepared muffin cups. Put muffins in the oven on center rack.Reduce heat to 350 F.
- ☐ Bake for 17–20 minutes or until a toothpick inserted comes out with most crumbs. Cool on a wire rack

Nutrition Facts



Properties

Glycemic Index:31.18, Glycemic Load:14.33, Inflammation Score:-4, Nutrition Score:6.3404348181642%

Flavonoids

Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 301.29kcal (15.06%), Fat: 17.65g (27.15%), Saturated Fat: 10.43g (65.16%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 29.4g (10.69%), Sugar: 16.91g (18.79%), Cholesterol: 61.38mg (20.46%), Sodium: 105.15mg (4.57%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Caffeine: 17.91mg (5.97%), Protein: 5.33g (10.65%), Manganese: 0.41mg (20.54%), Selenium: 10.82µg (15.46%), Copper: 0.31mg (15.4%), Phosphorus: 117.98mg (11.8%), Magnesium: 45.85mg (11.46%), Fiber: 2.4g (9.62%), Iron: 1.57mg (8.7%), Vitamin A: 381.78IU (7.64%), Vitamin B2: 0.11mg (6.51%), Zinc: 0.91mg (6.04%), Calcium: 58.56mg (5.86%), Potassium: 191.23mg (5.46%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.35mg (3.48%), Folate: 11.29µg (2.82%), Vitamin B12: 0.14µg (2.38%), Vitamin K: 2.09µg (1.99%), Vitamin B1: 0.03mg (1.97%), Vitamin B3: 0.37mg (1.85%), Vitamin B6: 0.04mg (1.76%), Vitamin D: 0.18µg (1.2%)