



Eggless Peanut Butter Chocolate Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons double-acting baking powder
- 0.5 cup chocolate chips to taste
- 2 cups flour all-purpose
- 2 cups milk
- 1.3 cups oats
- 1 cup peanut butter
- 0.7 cup cocoa powder unsweetened
- 1.5 cups sugar white

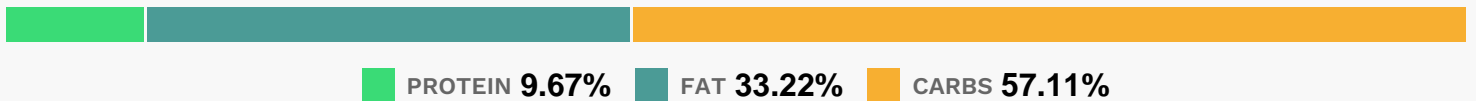
Equipment

- bowl
- sauce pan
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line muffin cups with paper liners.
- Whisk flour, sugar, oats, cocoa powder, and baking powder together in a bowl.
- Combine milk and peanut butter in a saucepan; cook and stir over medium-low heat until mixture is smooth, about 5 minutes.
- Remove saucepan from heat and slightly cool peanut butter mixture, about 5 minutes. Stir peanut butter mixture into flour mixture until batter is just combined; fold in chocolate chips. Spoon batter into prepared muffin cups, about 2/3 full.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 13 minutes.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:32.78, Inflammation Score:-5, Nutrition Score:13.161304499792%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 408.44kcal (20.42%), Fat: 15.96g (24.55%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 61.73g (20.58%), Net Carbohydrates: 57.46g (20.89%), Sugar: 33.68g (37.42%), Cholesterol: 4.88mg (1.63%), Sodium: 321.9mg (14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.99mg (3.66%), Protein: 10.45g (20.9%), Manganese: 0.97mg (48.52%), Phosphorus: 252.28mg (25.23%), Vitamin B3: 4.34mg (21.69%), Magnesium: 82.61mg (20.65%), Calcium: 197.61mg (19.76%), Vitamin B1: 0.26mg (17.41%), Selenium: 12.16µg (17.37%), Fiber: 4.28g (17.1%), Copper: 0.34mg (16.95%), Folate: 61.03µg (15.26%), Iron: 2.62mg (14.55%), Vitamin E: 2.03mg (13.56%), Vitamin B2: 0.23mg (13.55%), Zinc: 1.51mg (10.1%), Potassium: 332.11mg (9.49%), Vitamin B6: 0.14mg (7.2%), Vitamin B5: 0.58mg (5.84%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.45µg (2.98%), Vitamin A: 65.88IU (1.32%)