



Cinnamon Chip Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups flour all-purpose
- 0.8 cup sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 0.3 cup milk
- 1 eggs
- 1 teaspoon vanilla
- 1 cup peppermint candies

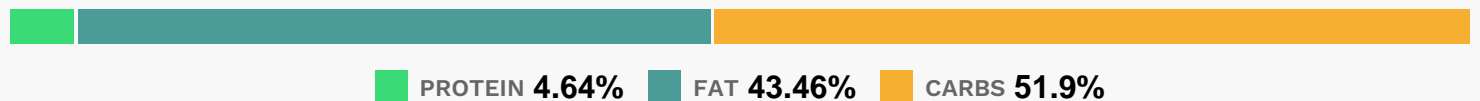
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 400°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In medium bowl, mix flour, sugar, baking powder and salt. In small bowl, mix oil, milk, egg and vanilla.
- Pour into flour mixture; stir just until combined. Stir in cinnamon chips. Divide batter evenly among muffin cups.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack.
- Serve warm, if desired.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:17.64, Inflammation Score:-1, Nutrition Score:3.7126087183538%

Nutrients (% of daily need)

Calories: 276.21kcal (13.81%), Fat: 13.63g (20.97%), Saturated Fat: 7.03g (43.94%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 36.2g (13.16%), Sugar: 24.1g (26.77%), Cholesterol: 14.45mg (4.82%), Sodium: 188.04mg (8.18%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.27g (6.55%), Vitamin K: 11.21µg (10.68%), Selenium: 6.63µg (9.47%), Vitamin B1: 0.13mg (8.53%), Calcium: 81.7mg (8.17%), Folate: 30.32µg (7.58%), Vitamin B2: 0.11mg (6.23%), Manganese: 0.11mg (5.47%), Iron: 0.87mg (4.84%), Vitamin B3: 0.93mg (4.67%), Phosphorus: 45.61mg

(4.56%), Vitamin E: 0.55mg (3.64%), Fiber: 0.42g (1.69%), Vitamin B5: 0.15mg (1.5%), Copper: 0.03mg (1.32%), Zinc: 0.19mg (1.24%), Magnesium: 4.91mg (1.23%), Vitamin B12: 0.07µg (1.15%)