



## Freezer-Friendly Peanut Butter-Chocolate Chip Muffins

READY IN



10 min.

SERVINGS



10

CALORIES



350 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups baking mix all-purpose
- 2 eggs
- 1 cup milk
- 0.5 cup chunky peanut butter
- 1 cup semisweet chocolate morsels
- 0.5 cup sugar
- 0.5 teaspoon vanilla

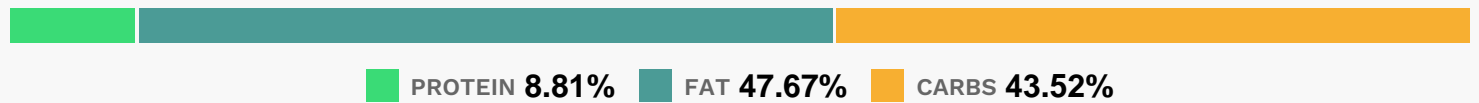
## Equipment

- oven
- mixing bowl

## Directions

- Stir together 2 cups all-purpose baking mix, 1 cup milk, 1/2 cup sugar, and 2 large eggs in a large mixing bowl, stirring just until dry ingredients are moistened. Stir together 1/2 cup chunky peanut butter and 1/2 tsp. vanilla just until blended; stir in 1 cup semisweet chocolate morsels. Spoon batter into lightly greased paper-lined muffin pans, filling two-thirds full.
- Bake at 350 for 24 minutes or until lightly browned.
- Remove from pans; serve warm.
- Note: For testing purposes only, we used Bisquick Original All-Purpose Baking
- Mix.

## Nutrition Facts



## Properties

Glycemic Index:12.21, Glycemic Load:7.73, Inflammation Score:-4, Nutrition Score:9.9073912928934%

## Nutrients (% of daily need)

Calories: 350.25kcal (17.51%), Fat: 18.83g (28.97%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 36.13g (13.14%), Sugar: 21.97g (24.41%), Cholesterol: 37.22mg (12.41%), Sodium: 385.27mg (16.75%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Caffeine: 15.48mg (5.16%), Protein: 7.83g (15.67%), Phosphorus: 273.01mg (27.3%), Manganese: 0.51mg (25.68%), Copper: 0.32mg (16.16%), Magnesium: 63.49mg (15.87%), Vitamin B3: 2.99mg (14.95%), Vitamin B2: 0.21mg (12.61%), Iron: 2.18mg (12.14%), Vitamin B1: 0.18mg (11.92%), Folate: 45.23µg (11.31%), Fiber: 2.56g (10.25%), Selenium: 7.07µg (10.09%), Calcium: 95.5mg (9.55%), Vitamin E: 1.42mg (9.45%), Zinc: 1.16mg (7.76%), Potassium: 263.18mg (7.52%), Vitamin B5: 0.63mg (6.29%), Vitamin B12: 0.34µg (5.6%), Vitamin B6: 0.11mg (5.58%), Vitamin D: 0.44µg (2.96%), Vitamin K: 2.99µg (2.85%), Vitamin A: 97.01IU (1.94%)