



Fudgey Peanut Butter Chip Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup apple sauce
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 0.3 cup dutch-processed cocoa powder
- 1 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 cup peanut butter chips

- 0.5 cup oats quick
- 0.5 teaspoon vanilla extract
- 0.5 cup granulated sugar white

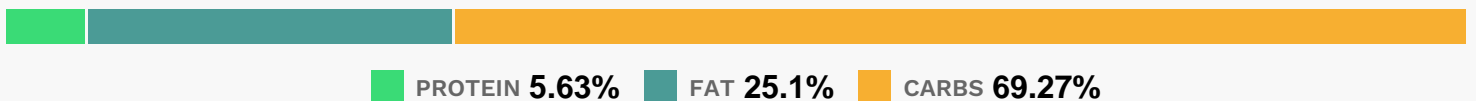
Equipment

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

Directions

- Heat oven to 350 degrees F (175 degrees C). Line muffin cups with paper bake cups.
- In small bowl, stir together applesauce and oats; set aside. In large bowl, beat butter, sugar, brown sugar, egg and vanilla until well blended.
- Add applesauce mixture; blend well. Stir together flour, cocoa, baking soda and cinnamon, if desired.
- Add to butter mixture, blending well. Stir in peanut butter chips. Fill muffin cups 3/4 full with batter.
- Bake 22 to 26 minutes or until wooden pick inserted in center comes out clean. Cool slightly in pan on wire rack.
- Sprinkle muffin tops with confectioners' sugar, if desired.
- Serve warm.
- Variation: Omit peanut butter chips, add one cup of semi-sweet chocolate chips.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:12.86, Inflammation Score:-2, Nutrition Score:3.8034782824309%

Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 4.07mg, Epicatechin: 4.07mg, Epicatechin: 4.07mg, Epicatechin: 4.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 165.46kcal (8.27%), Fat: 4.8g (7.39%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 28.42g (10.33%), Sugar: 18.31g (20.34%), Cholesterol: 23.81mg (7.94%), Sodium: 84.77mg (3.69%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.42g (4.84%), Manganese: 0.3mg (15.12%), Selenium: 6.3µg (9%), Vitamin B1: 0.11mg (7.05%), Iron: 1.05mg (5.84%), Folate: 22.98µg (5.75%), Fiber: 1.4g (5.58%), Magnesium: 22.06mg (5.52%), Copper: 0.11mg (5.3%), Phosphorus: 49.18mg (4.92%), Vitamin B2: 0.08mg (4.88%), Vitamin B3: 0.71mg (3.53%), Vitamin A: 141.05IU (2.82%), Zinc: 0.36mg (2.41%), Potassium: 76.98mg (2.2%), Calcium: 17.17mg (1.72%), Vitamin B5: 0.15mg (1.52%), Vitamin E: 0.2mg (1.31%), Vitamin B6: 0.02mg (1.15%)