



Hot Chocolate Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup almonds sliced
- 2.3 cups biscuit and baking mix
- 0.3 cup chocolate syrup
- 2 tablespoons cocoa
- 1 large eggs lightly beaten
- 0.5 cup half-and-half
- 0.8 cup semisweet chocolate mini-morsels
- 0.5 cup sugar
- 2 teaspoons vanilla extract

3 tablespoons vegetable oil

Equipment

bowl

oven

Directions

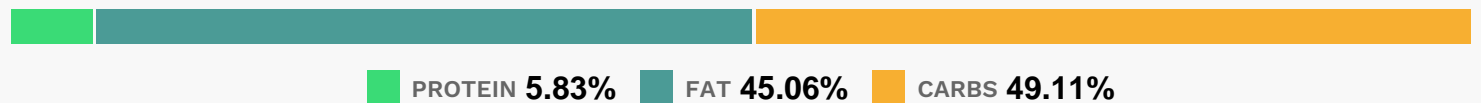
Combine baking mix, sugar, and cocoa in a large bowl. Make a well in center of mixture.

Combine half-and-half and next 4 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened. Stir in chocolate morsels and almonds. Spoon into greased muffin pans, filling two-thirds full.

Bake at 400 for 11 to 12 minutes or until a wooden pick inserted into center comes out clean.

Remove from pans immediately.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:5.84, Inflammation Score:-3, Nutrition Score:6.8521738007017%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 273.29kcal (13.66%), Fat: 13.78g (21.2%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 31.73g (11.54%), Sugar: 18.67g (20.74%), Cholesterol: 20.14mg (6.71%), Sodium: 305.1mg (13.27%), Alcohol: 0.23g (100%), Alcohol %: 0.42% (100%), Caffeine: 11.7mg (3.9%), Protein: 4.01g (8.02%), Phosphorus: 201.33mg (20.13%), Manganese: 0.32mg (16.21%), Copper: 0.26mg (12.97%), Vitamin B2: 0.17mg (10.09%), Magnesium: 39.86mg (9.96%), Iron: 1.72mg (9.54%), Vitamin B1: 0.14mg (9.52%), Vitamin K: 8.7µg (8.28%),

Fiber: 2.06g (8.23%), Folate: 31.62µg (7.91%), Calcium: 67.43mg (6.74%), Selenium: 4.54µg (6.49%), Vitamin E: 0.93mg (6.22%), Vitamin B3: 1.24mg (6.19%), Potassium: 159.62mg (4.56%), Zinc: 0.68mg (4.54%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.16µg (2.73%), Vitamin B6: 0.04mg (1.86%), Vitamin A: 64.58IU (1.29%)