



Irresistible Double Chocolate Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.5 cup cocoa powder
- ☐ 1 eggs
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.8 cup ground flax seed
- ☐ 1 cup buttermilk low-fat
- ☐ 0.8 cup pumpkin puree

- ☐ 0.5 cup semi chocolate chips miniature
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup wheat germ
- ☐ 1 cup flour whole wheat

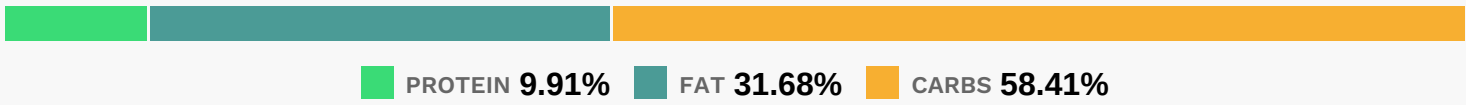
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Grease 12 muffin cups, or line with paper muffin liners.
- ☐ Combine flour, flax seed, wheat germ, baking soda, baking powder, cocoa powder, cinnamon, and chocolate chips in a large bowl. In another bowl, beat the buttermilk, pumpkin puree, brown sugar, egg, and vanilla until smooth. Gently stir the wet ingredients into the dry, mixing just until combined. Spoon equal amounts of batter into muffin cups.
- ☐ Bake until a toothpick inserted in the center of a muffin comes out clean, about 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:16.559130450954%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 260.88kcal (13.04%), Fat: 9.82g (15.1%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 33.39g (12.14%), Sugar: 23.19g (25.77%), Cholesterol: 15.03mg (5.01%), Sodium: 190.52mg (8.28%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Caffeine: 16.72mg (5.57%), Protein: 6.91g (13.81%), Manganese: 1.71mg (85.68%), Vitamin A: 2420.08IU (48.4%), Fiber: 7.35g (29.38%), Magnesium: 107.97mg (26.99%), Copper: 0.49mg (24.62%), Phosphorus: 234.73mg (23.47%), Selenium: 15.68µg (22.41%), Vitamin B1: 0.32mg (21.5%), Iron: 2.88mg (16.01%), Zinc: 1.96mg (13.09%), Calcium: 122.02mg (12.2%), Potassium: 365.36mg (10.44%), Vitamin B6: 0.19mg (9.41%), Folate: 32.5µg (8.12%), Vitamin B2: 0.13mg (7.43%), Vitamin B3: 1.39mg (6.96%), Vitamin B5: 0.5mg (5.05%), Vitamin K: 4.11µg (3.91%), Vitamin E: 0.39mg (2.6%), Vitamin B12: 0.09µg (1.57%), Vitamin C: 0.93mg (1.13%)