



Jumbo Chocolate Muffins with Pumpkin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



516 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups lightly brown sugar light packed
- ☐ 2 large eggs
- ☐ 0.7 cup milk
- ☐ 1 cup oz pumpkin canned
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup semi chocolate chips

- ☐ 8 tablespoons butter unsalted cooled melted
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

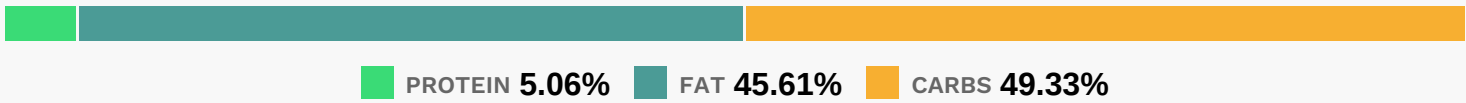
Equipment

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

Directions

- ☐ Heat oven to 400 degrees F. Line 6 jumbo muffin cups with paper liners.
- ☐ Mix the flour, cocoa powder, baking soda, baking powder and salt together in a bowl.Stir the brown sugar around in a second bowl and mash out any lumps. Stir in the pumpkin, eggs, milk, and vanilla and mix well.
- ☐ Pour the dry mixture into the pumpkin mixture and stir a few strokes, then pour the melted butter in and stir (never over-beat muffin batter) until blended.Stir in the chocolate chips. Reduce oven heat to 375 degrees F. Divide batter equally among muffin cups and bake for 23–26 minutes or until a toothpick or chopstick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:17.040869391483%

Flavonoids

Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 516.33kcal (25.82%), Fat: 27.64g (42.52%), Saturated Fat: 16.4g (102.52%), Carbohydrates: 67.26g (22.42%), Net Carbohydrates: 60.74g (22.09%), Sugar: 55.69g (61.88%), Cholesterol: 106.74mg (35.58%), Sodium: 598.97mg (26.04%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Caffeine: 41.33mg (13.78%), Protein: 6.9g (13.8%), Vitamin A: 6966.54IU (139.33%), Manganese: 0.76mg (38.19%), Copper: 0.72mg (36.21%), Magnesium: 106.69mg (26.67%), Fiber: 6.52g (26.08%), Phosphorus: 224.27mg (22.43%), Iron: 4.02mg (22.31%), Calcium: 161.43mg (16.14%), Selenium: 9.79µg (13.99%), Potassium: 487.22mg (13.92%), Zinc: 1.67mg (11.16%), Vitamin B2: 0.18mg (10.39%), Vitamin K: 9.83µg (9.36%), Vitamin E: 1.2mg (7.98%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.37µg (6.12%), Vitamin D: 0.91µg (6.08%), Vitamin B6: 0.11mg (5.31%), Folate: 16.81µg (4.2%), Vitamin B3: 0.65mg (3.24%), Vitamin B1: 0.05mg (3.15%), Vitamin C: 1.72mg (2.08%)