



Jumbo Coffeehouse Muffins

READY IN



100 min.

SERVINGS



6

CALORIES



643 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup chocolate milk
- 0.3 cup vegetable oil
- 2 tablespoons espresso powder instant
- 2 eggs
- 14.8 oz corn muffin mix quick
- 8 oz mascarpone cheese softened
- 1 tablespoon sugar
- 0.5 teaspoon espresso powder instant
- 3 tablespoons general foods international suisse mocha cafe crushed

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- aluminum foil
- muffin liners

Directions

- Heat oven to 425°F (400°F for dark or nonstick pan).
- Place jumbo foil baking cup in each of 6 jumbo muffin cups; spray foil cups with cooking spray.
- In medium bowl, mix chocolate milk, oil, 2 tablespoons coffee powder and the eggs with whisk until blended. Gently stir in muffin mix just until blended (batter may be lumpy). Divide batter evenly among muffin cups, filling each about two-thirds full.
- Bake 22 to 24 minutes or until browned and tops spring back when touched lightly. Cool 5 minutes (if you did not use foil baking cups, run knife around edges of cups before removing); carefully remove from pan to cooling rack. Cool completely.
- In medium bowl, mix cheese, sugar and 1/2 teaspoon coffee powder until blended. Spoon about 1 tablespoon cheese mixture on top of each muffin.
- Sprinkle crushed coffee beans over cheese topping. Store in refrigerator.

Nutrition Facts

  

 **PROTEIN 6.97%**  **FAT 55.31%**  **CARBS 37.72%**

Properties

Glycemic Index:17.52, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:12.434782657934%

Nutrients (% of daily need)

Calories: 643kcal (32.15%), Fat: 39.31g (60.48%), Saturated Fat: 16.37g (102.29%), Carbohydrates: 60.32g (20.11%), Net Carbohydrates: 54.98g (19.99%), Sugar: 22.39g (24.88%), Cholesterol: 98.48mg (32.83%), Sodium: 632.3mg (27.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 118.19mg (39.4%), Protein: 11.14g (22.28%), Phosphorus: 416.83mg (41.68%), Fiber: 5.34g (21.37%), Vitamin B1: 0.32mg (21.1%), Vitamin K: 20.8µg (19.81%), Vitamin B2: 0.33mg (19.34%), Folate: 73.49µg (18.37%), Manganese: 0.32mg (15.98%), Calcium: 145.84mg (14.58%), Vitamin B3: 2.92mg (14.58%), Vitamin A: 719.16IU (14.38%), Selenium: 9.44µg (13.49%), Iron: 2.36mg (13.09%), Magnesium: 36.3mg (9.07%), Vitamin E: 1.05mg (6.98%), Potassium: 238.82mg (6.82%), Copper: 0.13mg (6.75%), Vitamin B5: 0.66mg (6.61%), Vitamin B6: 0.13mg (6.5%), Zinc: 0.82mg (5.47%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.7µg (4.66%)