



Mariska's Joyful Heart Fudge Chip Muffins



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon canola oil
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.8 cup oat flour
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup semisweet dairy- and chocolate chips gluten-free such as Sunspire
- ☐ 0.5 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

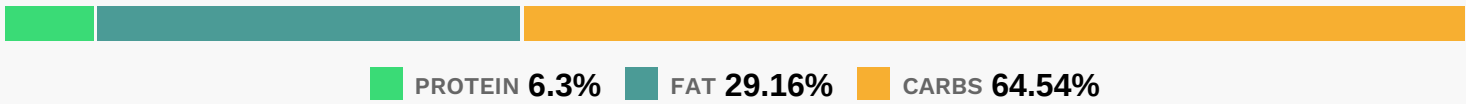
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 35
- ☐ Place 8 paper liners in muffin tin; coat with cooking spray.
- ☐ Combine applesauce and next 4 ingredients. In a separate bowl, whisk together the next 6 ingredients.
- ☐ Add oat mixture to applesauce mixture; stir until blended. Stir in chocolate chips.
- ☐ Spoon batter into muffin cups.
- ☐ Bake for 20-22 minutes, rotating the pan a half-turn after 10 minutes. Muffins are done when tops are firm to the touch.
- ☐ Cool slightly. Top with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:5.2530434319507%

Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 6.95mg, Epicatechin: 6.95mg, Epicatechin: 6.95mg, Epicatechin: 6.95mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 150.62kcal (7.53%), Fat: 5.09g (7.83%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 22.68g (8.25%), Sugar: 15.7g (17.44%), Cholesterol: 0.54mg (0.18%), Sodium: 259.84mg (11.3%), Alcohol: 0.17g (100%), Alcohol %: 0.38% (100%), Caffeine: 14.33mg (4.78%), Protein: 2.47g (4.95%), Manganese: 0.61mg (30.38%), Copper: 0.27mg (13.42%), Magnesium: 44.33mg (11.08%), Fiber: 2.65g (10.6%), Phosphorus: 104.02mg (10.4%), Iron: 1.51mg (8.4%), Calcium: 63.76mg (6.38%), Selenium: 4.3µg (6.15%), Vitamin B1: 0.07mg (4.92%), Zinc: 0.73mg (4.89%), Potassium: 149.98mg (4.29%), Vitamin B2: 0.03mg (1.79%), Vitamin E: 0.23mg (1.52%), Vitamin B3: 0.29mg (1.47%), Vitamin K: 1.42µg (1.35%), Vitamin B6: 0.02mg (1.22%), Folate: 4.53µg (1.13%)