



Mini Chocolate Chip Muffins

READY IN



30 min.

SERVINGS



24

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup chocolate chips mini
- ☐ 1 eggs
- ☐ 1.5 cups flour
- ☐ 1 cup milk
- ☐ 1 cup chunky peanut butter
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

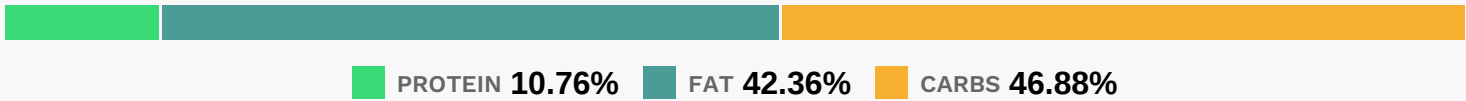
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ ice cream scoop
- ☐ muffin liners
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 375 degrees F. Line mini muffin tins with paper cups. In a mixer with a whip attachment, mix together the peanut butter, egg, and sugars until smooth.
- ☐ Add milk in 3 additions, mixing well each time. Stir the flour, baking powder, and salt together and add to the peanut butter mixture.
- ☐ Mix on low just until the flour disappears. Stir in the chocolate chips. Spoon into muffin cups filling 3/4 full (a small ice cream scoop works well for this) and bake until puffed up and firm on top, about 10 to 15 minutes. Cool in the pan.
- ☐ Some people have allergies to peanuts, and if serving to guests, please make them aware of the inclusion of this peanut product.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:6.82, Inflammation Score:-2, Nutrition Score:3.9452173734975%

Nutrients (% of daily need)

Calories: 142.73kcal (7.14%), Fat: 6.95g (10.7%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 16.49g (5.99%), Sugar: 9.73g (10.81%), Cholesterol: 8.6mg (2.87%), Sodium: 133.4mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Manganese: 0.21mg (10.7%), Vitamin B3: 1.91mg (9.53%), Phosphorus: 69.86mg (6.99%), Vitamin E: 1.01mg (6.72%), Folate: 24.43µg (6.11%), Calcium: 56.28mg (5.63%), Selenium: 3.9µg (5.57%), Vitamin B1: 0.08mg (5.51%), Magnesium: 21.74mg (5.43%), Vitamin B2: 0.08mg (4.83%), Iron: 0.71mg (3.92%), Fiber: 0.83g (3.32%), Vitamin B6: 0.06mg (3.09%), Copper: 0.06mg (2.98%), Zinc:

0.39mg (2.63%), Potassium: 90.99mg (2.6%), Vitamin B5: 0.22mg (2.18%), Vitamin B12: 0.07µg (1.19%)