



Mini Zucchini Chocolate Chip Muffins

READY IN



37 min.

SERVINGS



30

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup chocolate chips mini
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.7 cup honey
- ☐ 1 cup milk (See My Notes)
- ☐ 0.3 cup yogurt plain
- ☐ 0.5 teaspoon salt

- ☐ 2.5 cups pastry flour whole wheat
- ☐ 1 cup zucchini shredded

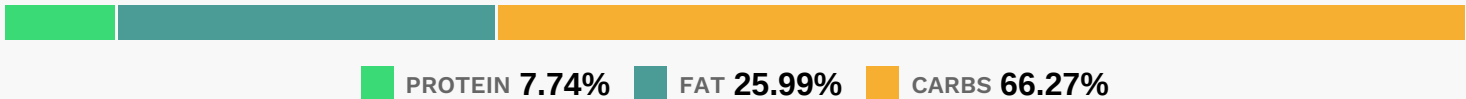
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 375F/190C for 15 minutes. Line mini muffin tins with paper liners.In a large bowl mix together the dry ingredients.In another small bowl stir together the wet ingredients and mix it with the flour.Stir in the zuchini and chocolate chips; mix until just combined.Spoon in about a tablespoon of batter for each muffin. I was able to get 30 mini muffins.
- ☐ Bake it for about 15–18 minutes or until a toothpick inserted in the middle comes out clean.Cool in pan for about 5 minutes and then transfer it to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:3.48, Inflammation Score:-1, Nutrition Score:3.3943477946779%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 92.74kcal (4.64%), Fat: 2.83g (4.35%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 14.95g (5.44%), Sugar: 8.7g (9.66%), Cholesterol: 5.76mg (1.92%), Sodium: 104.34mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Manganese: 0.44mg (21.9%), Selenium: 6.47µg (9.24%), Phosphorus: 54.09mg (5.41%), Fiber: 1.26g (5.04%), Magnesium: 15.99mg (4%), Vitamin B1: 0.06mg

(3.82%), Calcium: 37.62mg (3.76%), Vitamin B6: 0.06mg (2.75%), Vitamin B3: 0.54mg (2.68%), Iron: 0.48mg (2.68%), Copper: 0.05mg (2.33%), Zinc: 0.34mg (2.26%), Vitamin B2: 0.04mg (2.24%), Potassium: 67.32mg (1.92%), Vitamin A: 78.65IU (1.57%), Folate: 5.75µg (1.44%), Vitamin B5: 0.11mg (1.15%)