

Mocha Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



105 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 eggs
- 2 egg whites
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 tablespoon coffee powder instant
- 0.5 cup liquid malt extract
- 0.5 cup milk

- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 1 tablespoon water
- 2 tablespoons sugar white

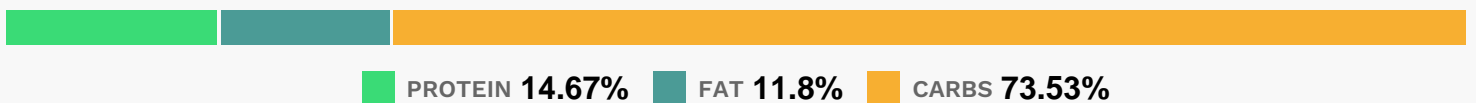
Equipment

- bowl
- oven
- muffin liners

Directions

- Preheat oven to 400 degrees F (205 degrees C). Grease muffin cups.
- Mix together egg, egg whites, and milk. Stir in coffee powder, water, and vanilla.
- In a large bowl, mix together flour, malted milk powder, 1/2 cup sugar, baking powder, and salt. Stir in liquid mixture.
- Mix together really well, until batter is thin and gooey like cake batter. Fill muffin cups 2/3 full. In a small bowl, stir together cinnamon and 2 tablespoons sugar.
- Sprinkle cinnamon sugar over muffins.
- Bake in preheated oven for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:10.37, Inflammation Score:-2, Nutrition Score:4.1686956364176%

Nutrients (% of daily need)

Calories: 104.76kcal (5.24%), Fat: 1.34g (2.06%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 18.34g (6.67%), Sugar: 5.14g (5.71%), Cholesterol: 16.11mg (5.37%), Sodium: 206.64mg (8.98%), Alcohol: 0.23g (100%), Alcohol %: 0.65% (100%), Caffeine: 13.08mg (4.36%), Protein: 3.75g (7.51%), Selenium: 8.54µg (12.2%), Vitamin B2: 0.18mg (10.54%), Vitamin B1: 0.16mg (10.43%), Folate: 32.92µg (8.23%), Calcium: 73.56mg (7.36%), Manganese: 0.14mg (7.23%), Phosphorus: 69.76mg (6.98%), Vitamin B3: 1.34mg (6.68%), Iron:

0.93mg (5.17%), Magnesium: 12.18mg (3.04%), Potassium: 100.95mg (2.88%), Vitamin B12: 0.13µg (2.23%), Vitamin B6: 0.04mg (2.07%), Vitamin B5: 0.21mg (2.06%), Copper: 0.04mg (1.93%), Fiber: 0.47g (1.89%), Zinc: 0.26mg (1.71%), Vitamin D: 0.19µg (1.23%)