



Mocha Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon coffee instant
- ☐ 1 eggs

☐ 1 cup bittersweet chocolate

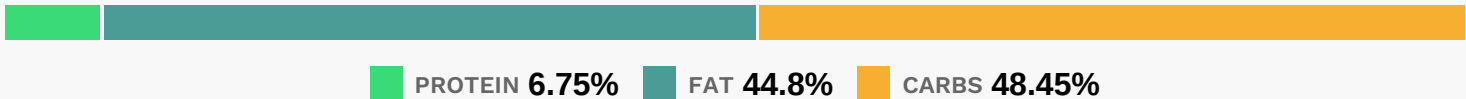
Equipment

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

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups (2 1/2x1 1/4 inch) with shortening, or line muffin cups with paper baking cups.
- ☐ In medium bowl, mix flour, cocoa, baking powder and salt; set aside. In large bowl, beat brown sugar, milk, oil, coffee and egg with fork or wire whisk. Stir in flour mixture just until flour is moistened. Fold in chocolate chunks. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:12.07, Inflammation Score:-3, Nutrition Score:7.507391323214%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 258.28kcal (12.91%), Fat: 12.96g (19.94%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 29.5g (10.73%), Sugar: 12.34g (13.72%), Cholesterol: 16.95mg (5.65%), Sodium: 202.08mg

(8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 27.54mg (9.18%), Protein: 4.39g (8.79%), Manganese: 0.38mg (19.03%), Selenium: 10.05µg (14.35%), Copper: 0.25mg (12.5%), Iron: 2.22mg (12.36%), Vitamin B1: 0.18mg (12.12%), Vitamin K: 12.35µg (11.76%), Phosphorus: 114.1mg (11.41%), Folate: 40.18µg (10.04%), Magnesium: 39.43mg (9.86%), Calcium: 94.98mg (9.5%), Vitamin B2: 0.16mg (9.25%), Fiber: 2.04g (8.16%), Vitamin B3: 1.52mg (7.59%), Potassium: 176.27mg (5.04%), Zinc: 0.72mg (4.82%), Vitamin E: 0.64mg (4.29%), Vitamin B12: 0.17µg (2.81%), Vitamin B5: 0.28mg (2.78%), Vitamin D: 0.3µg (1.98%), Vitamin B6: 0.04mg (1.82%), Vitamin A: 60.03IU (1.2%)