



Moist Chocolate Muffins

 Popular

READY IN



95 min.

SERVINGS



12

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup chocolate chips
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 cup yogurt plain
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup vegetable oil
- ☐ 1 cup sugar white

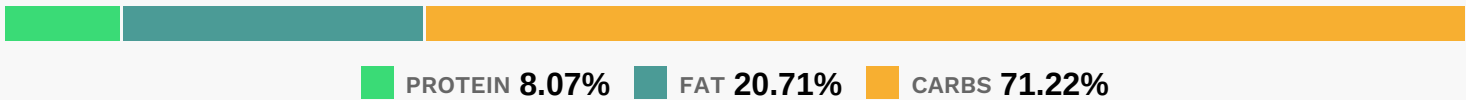
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- ☐ Combine flour, sugar, 3/4 cup chocolate chips, cocoa powder, and baking soda in a large bowl.
- ☐ Whisk egg, yogurt, milk, and vegetable oil in another bowl until smooth; pour into chocolate mixture and stir until batter is just blended. Fill prepared muffin cups 3/4 full and sprinkle with remaining 1/4 cup chocolate chips.
- ☐ Bake in preheated oven until a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:23.5, Inflammation Score:-3, Nutrition Score:5.8582608696559%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 207.74kcal (10.39%), Fat: 4.97g (7.65%), Saturated Fat: 2g (12.5%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 36.59g (13.31%), Sugar: 20.39g (22.66%), Cholesterol: 17.51mg (5.84%), Sodium: 111.03mg (4.83%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.36g (8.72%), Manganese: 0.28mg (14.16%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.18mg (11.96%), Folate: 42.42µg (10.61%), Vitamin B2: 0.17mg (10.28%), Iron: 1.55mg (8.6%), Copper: 0.17mg (8.59%), Phosphorus: 85.75mg (8.57%), Fiber: 1.89g (7.55%), Vitamin B3: 1.34mg (6.69%), Magnesium: 26.61mg (6.65%), Calcium: 49.86mg (4.99%), Potassium: 140.25mg (4.01%), Zinc: 0.6mg (4.01%), Vitamin K: 3.58µg (3.41%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.16µg (2.72%), Vitamin B6: 0.03mg (1.62%), Vitamin E: 0.22mg (1.47%), Vitamin D: 0.21µg (1.37%), Vitamin A: 56.48IU (1.13%)