



Nora's Special Chocolate Chip Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 teaspoons double-acting baking powder
- 2 tablespoons brown sugar
- 1 eggs beaten
- 2 cups flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon salt
- 0.8 cup semi chocolate chips miniature
- 0.3 cup vegetable oil
- 3 tablespoons sugar white

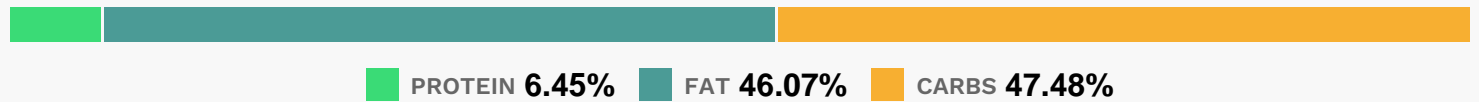
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- In a large bowl, combine flour, 1/2 cup sugar, baking powder, salt and chocolate chips.
- Add egg, milk and oil; stir just until batter is moistened. Spoon batter into prepared muffin cups, filling about 3/4 full.
- In a small bowl, stir together 3 tablespoons white sugar and 2 tablespoons brown sugar.
- Sprinkle sugar mixture over muffins.
- Bake in preheated for 20 to 25 minutes, until golden brown.
- Remove immediately from pan.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:14.12, Inflammation Score:-3, Nutrition Score:6.938260840333%

Nutrients (% of daily need)

Calories: 249.05kcal (12.45%), Fat: 12.77g (19.65%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 27.87g (10.13%), Sugar: 11.17g (12.41%), Cholesterol: 16.36mg (5.45%), Sodium: 216.38mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.72mg (4.24%), Protein: 4.02g (8.04%), Manganese: 0.34mg (17.07%), Selenium: 9.76µg (13.95%), Vitamin B1: 0.18mg (11.89%), Vitamin K: 12.32µg (11.73%), Iron: 2.09mg (11.63%), Copper: 0.22mg (10.93%), Phosphorus: 105.6mg (10.56%), Folate: 39.87µg (9.97%), Calcium: 93.61mg (9.36%), Vitamin B2: 0.15mg (8.74%), Magnesium: 33.33mg (8.33%), Fiber: 1.75g (6.99%), Vitamin B3: 1.37mg (6.87%), Zinc: 0.65mg (4.33%), Vitamin E: 0.64mg (4.27%), Potassium: 137.01mg (3.91%), Vitamin B5: 0.25mg (2.51%), Vitamin B12:

0.14µg (2.36%), Vitamin D: 0.24µg (1.61%), Vitamin B6: 0.03mg (1.53%), Vitamin A: 51.9IU (1.04%)