



## Oatmeal Chocolate Chip Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 1 eggs
- 1.3 cups flour all-purpose
- 1.3 cups milk
- 1 cup pecans chopped
- 1.3 cups cooking oats quick
- 1 teaspoon salt
- 0.8 cup semi chocolate chips

0.5 cup vegetable oil

## Equipment

oven

muffin tray

## Directions

Combine oats and milk and allow to stand for 15 minutes. Preheat oven to 400 degrees F (205 degrees C). Grease each cup of one 12-cup muffin tin.

Stir egg, oil, 1/2 cup of the brown sugar, chocolate chips and 1/2 cup of the pecans into the oat and milk mixture.

Combine flour, baking powder and salt.

Add oat mixture to flour mixture, stirring until just moist. Fill each cup of one 12-cup muffin tin 2/3 full.

Sprinkle tops with the remaining brown sugar and pecans.

Bake at 400 degrees F (205 degrees C) for 20 to 25 minutes.

## Nutrition Facts



**PROTEIN 7.02%** **FAT 43.05%** **CARBS 49.93%**

## Properties

Glycemic Index:23.33, Glycemic Load:11.24, Inflammation Score:-4, Nutrition Score:9.772173974501%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

## Nutrients (% of daily need)

Calories: 296.14kcal (14.81%), Fat: 14.54g (22.36%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 35.01g (12.73%), Sugar: 19.22g (21.35%), Cholesterol: 17.36mg (5.79%), Sodium: 355.48mg

(15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 5.34g (10.67%), Manganese: 1.02mg (51.06%), Phosphorus: 169.85mg (16.98%), Copper: 0.31mg (15.45%), Magnesium: 61.55mg (15.39%), Vitamin B1: 0.23mg (15.14%), Selenium: 10.35µg (14.79%), Calcium: 142.45mg (14.25%), Iron: 2.25mg (12.49%), Fiber: 2.92g (11.68%), Vitamin B2: 0.14mg (8.45%), Zinc: 1.23mg (8.18%), Folate: 30.39µg (7.6%), Potassium: 206.98mg (5.91%), Vitamin B3: 1.08mg (5.42%), Vitamin K: 4.87µg (4.63%), Vitamin B5: 0.4mg (3.98%), Vitamin B6: 0.06mg (3.22%), Vitamin B12: 0.19µg (3.17%), Vitamin E: 0.46mg (3.07%), Vitamin D: 0.35µg (2.35%), Vitamin A: 71.69IU (1.43%)