



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

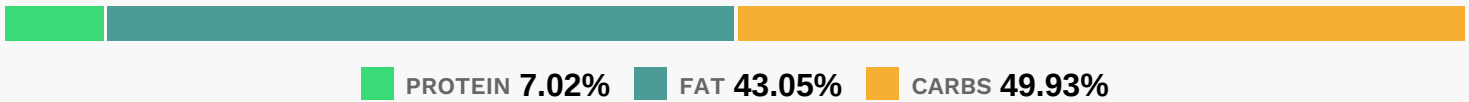
Equipment

- ☐ 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



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%)