



One Bowl Chocolate Fiber Muffins

READY IN



27 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1.3 cups buttermilk or
- ☐ 1 cup fiber one cereal crushed
- ☐ 1 large eggs
- ☐ 5 oz flour – 4 whole wheat white (such as Ultragrain or King Arthur)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi-sweet chocolate chips
- ☐ 0.5 cup baking cocoa unsweetened dutch or european style (natural type, not)

- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup vegetable oil

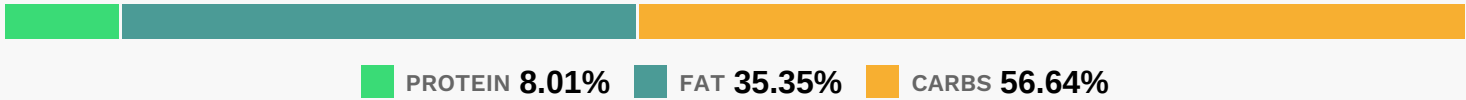
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375 degrees F. Line 10 muffin tins with paper liners (or line 12 for smaller muffins).In a mixing bowl, combine the crushed cereal and buttermilk.
- ☐ Let stand for 5 minutes to soften cereal.
- ☐ Add oil, egg, brown sugar and vanilla and stir until very well mixed. Stir in cocoa, baking soda and salt and (again) mix well. Finally, add the flour and stir just until mixed. Stir in chocolate chips and divide evenly among the 10 muffin cups; bake for 15–20 minutes (I baked for 17).
- ☐ Let cool and remove from cups.Makes 10

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:1.9, Inflammation Score:-4, Nutrition Score:6.4282608135887%

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: 202.43kcal (10.12%), Fat: 8.44g (12.99%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 26.93g (9.79%), Sugar: 17.16g (19.07%), Cholesterol: 18.73mg (6.24%), Sodium: 196.68mg (8.55%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Caffeine: 12.42mg (4.14%), Protein: 4.3g (8.6%), Manganese: 0.33mg

(16.64%), Fiber: 3.51g (14.02%), Iron: 2.2mg (12.2%), Copper: 0.23mg (11.48%), Magnesium: 38.52mg (9.63%), Phosphorus: 85.39mg (8.54%), Vitamin K: 8.93µg (8.51%), Selenium: 5.1µg (7.29%), Vitamin B2: 0.12mg (7.23%), Folate: 26.81µg (6.7%), Calcium: 61.42mg (6.14%), Vitamin B12: 0.34µg (5.59%), Potassium: 173.33mg (4.95%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.09mg (4.25%), Vitamin B1: 0.06mg (4.13%), Vitamin B3: 0.72mg (3.6%), Vitamin D: 0.54µg (3.6%), Vitamin E: 0.49mg (3.28%), Vitamin A: 152.26IU (3.05%), Vitamin B5: 0.24mg (2.36%)