



## Peanut Butter-Chocolate Chip Muffins

 Gluten Free

READY IN



35 min.

SERVINGS



18

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 eggs
- 1 cup milk
- 0.5 cup peanut butter
- 6 oz semi chocolate chips
- 0.5 cup sugar
- 0.5 teaspoon vanilla
- 2 cups frangelico
- 2 cups frangelico

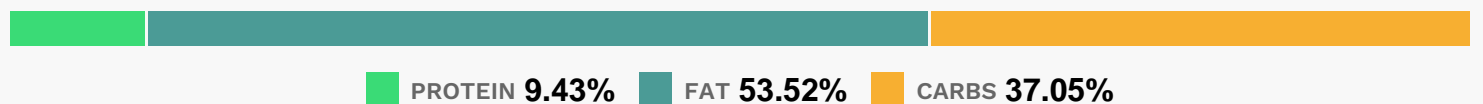
## Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

## Directions

- Heat oven to 350F.
- Place paper baking cup in each of 18 regular-size muffin cups; spray paper cups with cooking spray.
- In large bowl, stir Bisquick mix, milk, sugar and eggs just until dry ingredients are moistened. In small bowl, mix peanut butter and vanilla just until blended; stir in chocolate chips. Stir into batter. Divide batter among muffin cups, filling each two-thirds full.
- Bake 24 minutes or until lightly browned.
- Remove from pan to cooling rack.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:6.78, Glycemic Load:4.29, Inflammation Score:-2, Nutrition Score:3.7095652196718%

## Nutrients (% of daily need)

Calories: 134.33kcal (6.72%), Fat: 8.2g (12.61%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 11.67g (4.24%), Sugar: 10.45g (11.61%), Cholesterol: 20.38mg (6.79%), Sodium: 43.85mg (1.91%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.25g (6.5%), Manganese: 0.23mg (11.63%), Magnesium: 30.97mg (7.74%), Copper: 0.15mg (7.61%), Phosphorus: 72.24mg (7.22%), Vitamin B3: 1.05mg (5.25%), Vitamin E: 0.77mg (5.11%), Iron: 0.81mg (4.5%), Fiber: 1.1g (4.4%), Selenium: 2.88µg (4.11%), Zinc: 0.55mg (3.68%), Vitamin B2: 0.06mg (3.56%), Potassium: 121.36mg (3.47%), Calcium: 28.85mg (2.88%), Vitamin

B6: 0.05mg (2.58%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.13µg (2.23%), Folate: 8.46µg (2.12%), Vitamin D: 0.25µg (1.65%), Vitamin B1: 0.02mg (1.5%), Vitamin A: 53.08IU (1.06%)