



## Probiotic Chocolate Chocolate Chip Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



350 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon baking soda
- 0.8 cup buttermilk
- 2 eggs
- 1.7 cups flour all-purpose
- 0.5 teaspoon salt
- 6 ounce bittersweet chocolate
- 1 cup semi chocolate chips
- 0.5 cup cup heavy whipping cream sour
- 0.3 cup butter unsalted

- 1.5 teaspoons vanilla extract
- 0.5 cup sugar white

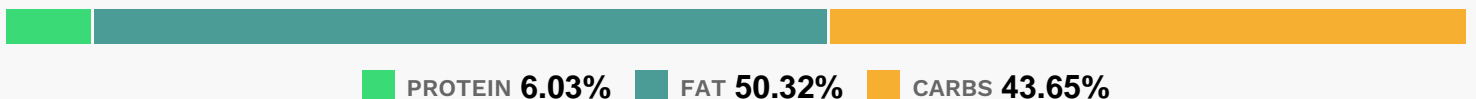
## Equipment

- bowl
- sauce pan
- oven
- whisk
- toothpicks
- muffin liners

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups.
- Heat semisweet chocolate and butter together in a saucepan over low heat until melted, 3 to 5 minutes.
- Remove from heat and cool for about 10 minutes. Lightly beat eggs into cooled chocolate mixture.
- Whisk chocolate-butter mixture, buttermilk, sugar, sour cream, and vanilla extract together in a bowl.
- Mix flour, baking soda, and salt in a large bowl; form a well in the center of the flour mixture. Stir chocolate mixture into flour mixture until just combined. Fold chocolate chips into batter. Spoon batter into the prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 18 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.67, Glycemic Load:15.63, Inflammation Score:-4, Nutrition Score:8.5452174353211%

## Nutrients (% of daily need)

Calories: 349.61kcal (17.48%), Fat: 19.54g (30.06%), Saturated Fat: 11.18g (69.85%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 35.33g (12.85%), Sugar: 20.23g (22.47%), Cholesterol: 49.89mg (16.63%), Sodium: 221.32mg (9.62%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 25.09mg (8.36%), Protein: 5.27g (10.54%), Manganese: 0.51mg (25.53%), Copper: 0.4mg (20.09%), Selenium: 11.61µg (16.59%), Iron: 2.8mg (15.53%), Magnesium: 58.69mg (14.67%), Phosphorus: 130.7mg (13.07%), Fiber: 2.8g (11.21%), Vitamin B2: 0.18mg (10.57%), Vitamin B1: 0.16mg (10.53%), Folate: 36.73µg (9.18%), Zinc: 1.09mg (7.23%), Potassium: 228.79mg (6.54%), Vitamin B3: 1.3mg (6.51%), Vitamin A: 296.22IU (5.92%), Calcium: 53.44mg (5.34%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.22µg (3.63%), Vitamin E: 0.45mg (3.02%), Vitamin D: 0.44µg (2.91%), Vitamin K: 2.8µg (2.67%), Vitamin B6: 0.04mg (1.98%)