



Reduced Fat Chocolate Muffins

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 3 oz greek yogurt with 18 grams protein per 6 oz)
- ☐ 0.5 cup brown sugar light packed (110 grams)
- ☐ 2 tablespoons olive oil light
- ☐ 110 grams minus 2 tablespoons pastry flour whole wheat
- ☐ 1.5 oz semi chocolate chips
- ☐ 1 cup apple sauce unsweetened

- ☐ 30 grams cocoa powder unsweetened
- ☐ 0.8 teaspoons vanilla

Equipment

- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ sieve
- ☐ toothpicks
- ☐ muffin liners
- ☐ chopsticks

Directions

- ☐ Heat oven to 375 degrees F. 6 muffin cups with paper liners
- ☐ Stack about 8 paper towels on the counter and pour applesauce on paper towels.
- ☐ Spread the applesauce around in a circle almost as wide as the towels letting the towels soak up moisture from the applesauce;
- ☐ Let sit for about 5 minutes. You could probably do this step in a strainer, but I did it with towels.Meanwhile, mix the flour, cocoa powder, baking soda, baking powder and salt together in a small mixing bowl.Scrape the drained applesauce (weight should be 5 oz, volume should now be heaping ½ cup) off the towel and place it in a second mixing bowl. Stir in the brown sugar, egg, yogurt, oil and vanilla.
- ☐ Pour the dry mixture into the applesauce mixture and stir a few strokes, then add the chocolate chips and stir until blended.Divide batter equally among 6 muffin cups, filling to the top, and bake for 20–24 minutes or until a toothpick or chopstick inserted in center comes out clean.Makes 6Note: Try substituting 5 oz (heaping half cup) of pumpkin or 5 oz mashed banana for the applesauce.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:10.289565205574%

Flavonoids

Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg Epicatechin: 12.02mg, Epicatechin: 12.02mg, Epicatechin: 12.02mg, Epicatechin: 12.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 264.95kcal (13.25%), Fat: 9.41g (14.48%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 38.29g (13.92%), Sugar: 24.92g (27.69%), Cholesterol: 32.13mg (10.71%), Sodium: 151.68mg (6.59%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 17.6mg (5.87%), Protein: 6.44g (12.87%), Manganese: 1.06mg (52.9%), Selenium: 16.95µg (24.21%), Fiber: 4.83g (19.31%), Copper: 0.38mg (19.08%), Magnesium: 68.12mg (17.03%), Phosphorus: 166.45mg (16.65%), Iron: 2.25mg (12.48%), Zinc: 1.21mg (8.04%), Vitamin B2: 0.14mg (8.02%), Potassium: 269.55mg (7.7%), Vitamin B1: 0.12mg (7.69%), Calcium: 73.96mg (7.4%), Vitamin E: 1mg (6.69%), Vitamin B6: 0.12mg (6.24%), Vitamin B3: 1.17mg (5.85%), Folate: 15.98µg (3.99%), Vitamin K: 4.02µg (3.83%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.19µg (3.1%), Vitamin A: 62.55IU (1.25%), Vitamin D: 0.17µg (1.11%)