



Small Batch Chocolate Chip Maple Muffins

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup chocolate chips dark
- ☐ 1 large eggs
- ☐ 2 tablespoons golden flaxseeds
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup greek yogurt plain
- ☐ 0.3 scant teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 2 tablespoons vegetable oil
- ☐ 4 oz pastry flour whole wheat

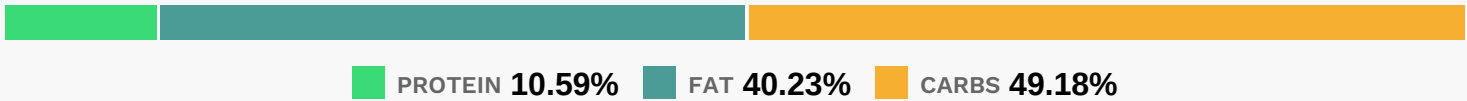
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400°F. Spray 6 muffin cups with flour-added cooking spray or line with paper liners
- ☐ In a mixing bowl, combine the flour, flaxseed, baking powder, baking soda and salt.In a second bowl or glass measuring cup, whisk the maple syrup, yogurt, egg, oil and vanilla until smooth.
- ☐ Add the yogurt mixture to the flour mixture and stir until incorporated, then stir in the chocolate chips.
- ☐ Pour into cups and bake on center rack for 18 to 22 minutes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:3.44, Inflammation Score:-3, Nutrition Score:10.690434870189%

Nutrients (% of daily need)

Calories: 263.63kcal (13.18%), Fat: 11.98g (18.43%), Saturated Fat: 5.52g (34.52%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 29.44g (10.7%), Sugar: 13.94g (15.49%), Cholesterol: 31.98mg (10.66%), Sodium: 135.13mg (5.88%), Alcohol: 0.23g (100%), Alcohol %: 0.36% (100%), Protein: 7.1g (14.19%), Manganese: 1.19mg (59.32%), Selenium: 17.52µg (25.02%), Vitamin B2: 0.32mg (18.78%), Phosphorus: 157.93mg (15.79%), Fiber: 3.5g (14.01%), Calcium: 127.62mg (12.76%), Magnesium: 50.23mg (12.56%), Vitamin B1: 0.18mg (12.03%), Zinc: 1.46mg (9.71%), Vitamin K: 10.02µg (9.54%), Copper: 0.16mg (7.75%), Potassium: 256.93mg (7.34%), Iron: 1.29mg (7.19%), Vitamin

B6: 0.14mg (6.86%), Vitamin B3: 1.25mg (6.25%), Vitamin E: 0.84mg (5.6%), Folate: 19.45µg (4.86%), Vitamin B5: 0.44mg (4.42%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.17µg (1.11%)