



Spiced Cocoa Muffins

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs at room temperature
- ☐ 0.8 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 cup milk — don't be heavy handed sour with the milk. err on the side of less.
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup semi chocolate chips

- ☐ 6 tablespoons sugar
- ☐ 0.3 cup butter unsalted cooled melted ()
- ☐ 3 tablespoons cocoa powder dark unsweetened (I used Hershey's)

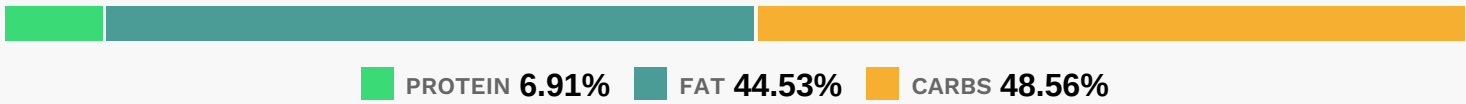
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ skewers
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F. Spray 6 muffin tins with baking spray.Thoroughly combine the flour, sugar, baking powder, baking soda, cinnamon, cloves and salt and set aside.In a mixing bowl, whisk the melted butter with the cocoa until it is smooth.
- ☐ Whisk in the egg and milk.
- ☐ Add the flour mixture and stir until the ingredients are just blended, then fold in the chocolate chips. Spoon the mixture into the tins, dividing evenly.
- ☐ Bake until a wooden skewer inserted in the center of a muffin comes out clean, about 15 (I baked for 1
- ☐ minutes.
- ☐ Remove immediately from the tins and cool briefly on a wire rack.

Nutrition Facts



Properties

Glycemic Index:46.68, Glycemic Load:17.54, Inflammation Score:-4, Nutrition Score:6.7073913250604%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 245.42kcal (12.27%), Fat: 12.53g (19.28%), Saturated Fat: 7.38g (46.12%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 28.61g (10.4%), Sugar: 15.84g (17.6%), Cholesterol: 54.23mg (18.08%), Sodium: 284.07mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.2mg (4.07%), Protein: 4.38g (8.75%), Manganese: 0.39mg (19.48%), Selenium: 9.41µg (13.44%), Copper: 0.22mg (11.04%), Phosphorus: 108.89mg (10.89%), Iron: 1.81mg (10.04%), Vitamin B1: 0.14mg (9.49%), Vitamin B2: 0.16mg (9.34%), Fiber: 2.14g (8.56%), Calcium: 85.13mg (8.51%), Folate: 33.62µg (8.41%), Magnesium: 33.23mg (8.31%), Vitamin A: 319.1IU (6.38%), Vitamin B3: 1.08mg (5.38%), Zinc: 0.69mg (4.58%), Potassium: 143.78mg (4.11%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.53µg (3.55%), Vitamin B5: 0.31mg (3.13%), Vitamin E: 0.38mg (2.56%), Vitamin B6: 0.04mg (2%), Vitamin K: 1.56µg (1.49%)