



Surprise Chocolate Chip Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 oz cream cheese softened
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 0.5 cup sugar

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil

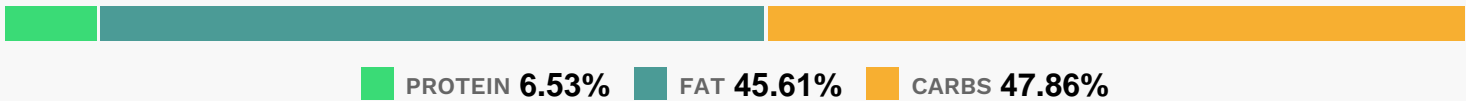
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 400F. Grease bottoms only of 12 regular-size muffin cups with shortening or spray, or line with paper baking cups. In small bowl, mix all filling ingredients until smooth; set aside.
- ☐ In large bowl, beat milk, oil and egg with fork or wire whisk. Stir in remaining muffin ingredients just until flour is moistened. Divide batter evenly among muffin cups.
- ☐ Place about 1 rounded teaspoon filling on batter in each muffin cup. Top with remaining batter.
- ☐ Bake 20 to 25 minutes or until golden brown. Immediately remove from pan to cooling rack (may need to run knife around side of muffins to loosen). Cool 5 minutes.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:34.18, Glycemic Load:18.67, Inflammation Score:-3, Nutrition Score:6.5913043436797%

Nutrients (% of daily need)

Calories: 265.73kcal (13.29%), Fat: 13.54g (20.84%), Saturated Fat: 5.08g (31.72%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 30.62g (11.13%), Sugar: 14.31g (15.9%), Cholesterol: 23.98mg (7.99%), Sodium: 204.72mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.48mg (2.83%), Protein: 4.36g (8.72%), Selenium: 10.09µg (14.42%), Manganese: 0.28mg (13.8%), Vitamin B1: 0.18mg (12.13%), Vitamin K: 12.13µg (11.56%), Vitamin B2: 0.17mg (10.14%), Folate: 40.49µg (10.12%), Phosphorus: 99.38mg (9.94%), Iron: 1.74mg (9.68%), Calcium: 84.04mg (8.4%), Copper: 0.16mg (7.9%), Vitamin B3: 1.34mg (6.72%), Magnesium: 25.78mg (6.45%), Fiber: 1.35g (5.41%), Vitamin E: 0.68mg (4.51%), Zinc: 0.58mg (3.86%), Potassium: 125.32mg (3.58%), Vitamin A: 154.88IU (3.1%), Vitamin B12: 0.18µg (3.04%), Vitamin B5: 0.3mg (2.98%), Vitamin D: 0.31µg (2.07%), Vitamin B6: 0.04mg (1.79%)