



WHATSheATE



Triple-Chocolate Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 1.5 ounces bittersweet chocolate 60% finely chopped
- ☐ 3 tablespoons butter unsalted diced
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.7 cup milk 2% reduced-fat
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup semi chocolate chips
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract

Equipment

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

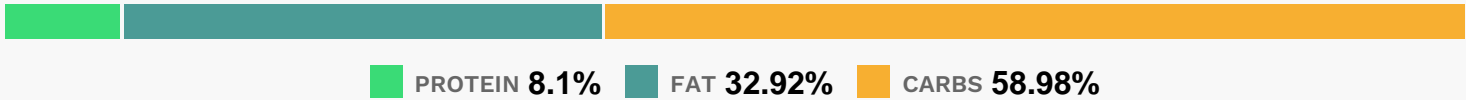
Directions

- ☐ Preheat oven to 425
- ☐ Combine butter and bittersweet chocolate in a small microwave-safe bowl. Microwave at HIGH 45 seconds, stirring every 15 seconds. Stir until smooth. Cool to room temperature.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through baking soda) in a large bowl; stir well with a whisk.
- ☐ Combine granulated sugar, milk, vanilla, and eggs in a bowl; stir with a whisk until well combined.
- ☐ Add butter mixture and milk mixture to flour mixture, stirring just until combined. Gently stir in chocolate chips. Divide batter evenly among 12 lined muffin cups.
- ☐ Bake at 425 for 5 minutes. Reduce oven temperature to 375 (do not remove muffins from oven).
- ☐ Bake at 375 for 10 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack 5 minutes.

- ☐
- Remove from pan; cool completely on wire rack.

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Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:19.43, Inflammation Score:-4, Nutrition Score:7.1130434856953%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 232.4kcal (11.62%), Fat: 8.69g (13.37%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 32.7g (11.89%), Sugar: 15.96g (17.73%), Cholesterol: 40.24mg (13.41%), Sodium: 151.04mg (6.57%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 14.99mg (5%), Protein: 4.81g (9.62%), Manganese: 0.39mg (19.27%), Selenium: 11.32µg (16.17%), Copper: 0.27mg (13.34%), Iron: 2.23mg (12.36%), Vitamin B1: 0.18mg (11.84%), Phosphorus: 112.77mg (11.28%), Folate: 43.57µg (10.89%), Vitamin B2: 0.18mg (10.58%), Magnesium: 38.65mg (9.66%), Fiber: 2.33g (9.32%), Calcium: 73.6mg (7.36%), Vitamin B3: 1.4mg (6.98%), Zinc: 0.78mg (5.17%), Potassium: 152.53mg (4.36%), Vitamin B5: 0.31mg (3.09%), Vitamin A: 151.36IU (3.03%), Vitamin B12: 0.17µg (2.82%), Vitamin B6: 0.04mg (1.75%), Vitamin E: 0.25mg (1.68%), Vitamin D: 0.22µg (1.46%), Vitamin K: 1.21µg (1.16%)