



## White Chocolate-Apricot Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup apricot preserves
- 2 ounces premium baking chocolate white finely chopped
- 1.5 teaspoons double-acting baking powder
- 1 tablespoon crystallized ginger minced
- 1 large eggs lightly beaten
- 1.8 cups flour all-purpose
- 0.8 cup milk 1% low-fat
- 0.5 teaspoon salt
- 3 tablespoons stick margarine melted

- 0.5 cup sugar
- 1 tablespoon sugar

## Equipment

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

## Directions

- Preheat oven to 400
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients (flour through chocolate) in a medium bowl; stir well with a whisk. Make a well in center of mixture.
- Combine milk, butter, and egg; stir well with a whisk.
- Add to flour mixture, stirring just until moist.
- Spoon about 1 tablespoon batter into each of 12 muffin cups coated with cooking spray. Spoon 2 teaspoons preserves into center of each muffin cup (do not spread over batter); top with remaining batter.
- Sprinkle evenly with 1 tablespoon sugar.
- Bake at 400 for 22 minutes or until muffins spring back when touched lightly in center.
- Remove from pan. Cool completely on wire rack.

## Nutrition Facts



 PROTEIN 7.21%  FAT 27.85%  CARBS 64.94%

## Properties

Glycemic Index:25.6, Glycemic Load:16.71, Inflammation Score:-3, Nutrition Score:5.584347895954%

## Flavonoids

Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 191.64kcal (9.58%), Fat: 6.21g (9.56%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 31.28g (11.38%), Sugar: 15.06g (16.74%), Cholesterol: 16.24mg (5.41%), Sodium: 202.09mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 3.62g (7.24%), Manganese: 0.33mg (16.37%), Selenium: 8.41µg (12.01%), Vitamin B1: 0.16mg (10.7%), Iron: 1.85mg (10.28%), Copper: 0.19mg (9.64%), Folate: 37.07µg (9.27%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 74.13mg (7.41%), Calcium: 61.04mg (6.1%), Vitamin B3: 1.16mg (5.82%), Magnesium: 22.37mg (5.59%), Fiber: 1.31g (5.23%), Zinc: 0.71mg (4.71%), Vitamin A: 203.85IU (4.08%), Potassium: 97.37mg (2.78%), Vitamin B12: 0.13µg (2.18%), Vitamin B5: 0.21mg (2.1%), Vitamin D: 0.25µg (1.64%), Vitamin B6: 0.03mg (1.38%), Vitamin E: 0.2mg (1.36%), Vitamin C: 0.87mg (1.06%)