



Zucchini-Chocolate Chip Mini Muffins

READY IN



35 min.

SERVINGS



30

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 2 teaspoons brown sugar packed
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 eggs
- ☐ 0.5 cup vegetable oil

- ☐ 0.5 cup cream sour reduced-fat
- ☐ 1 teaspoon vanilla
- ☐ 1 cup zucchini shredded dry
- ☐ 0.7 cup rolled oats
- ☐ 0.7 cup semisweet chocolate chips miniature
- ☐ 0.3 cup coconut or

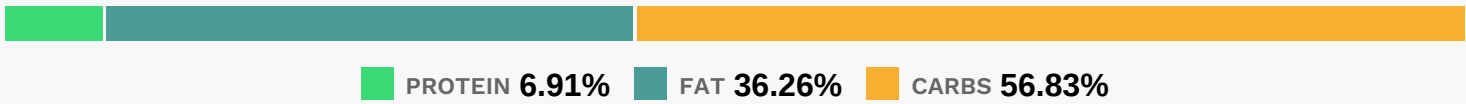
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Lightly spray 30 mini muffin cups with cooking spray.
- ☐ In large bowl, stir together flour, granulated sugar, brown sugar, salt, baking powder, baking soda and cinnamon. Make well in center of dry ingredients.
- ☐ Add eggs, vegetable oil, sour cream and vanilla; mix until well blended. Stir in zucchini, oats, chocolate chips and coconut just until combined. Fill muffin cups about 3/4 full.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool slightly in pan; remove from pan to cooling rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:10.24, Glycemic Load:6.83, Inflammation Score:-1, Nutrition Score:2.6973913052808%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 96.71kcal (4.84%), Fat: 3.92g (6.03%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 12.95g (4.71%), Sugar: 7.41g (8.23%), Cholesterol: 12.57mg (4.19%), Sodium: 118.62mg (5.16%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Caffeine: 4.52mg (1.51%), Protein: 1.68g (3.37%), Manganese: 0.2mg (9.94%), Selenium: 3.88µg (5.54%), Copper: 0.09mg (4.48%), Iron: 0.76mg (4.25%), Phosphorus: 40.75mg (4.07%), Vitamin B1: 0.06mg (3.74%), Magnesium: 14.75mg (3.69%), Fiber: 0.88g (3.53%), Folate: 13.14µg (3.28%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.32mg (2.15%), Calcium: 21.31mg (2.13%), Vitamin B3: 0.4mg (2.01%), Potassium: 68.87mg (1.97%), Vitamin K: 1.98µg (1.89%), Vitamin B5: 0.12mg (1.15%), Vitamin E: 0.15mg (1.01%)