



Apple-Cheddar Muffins

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 0.8 cup cooking oil peeled coarsely chopped
- 0.7 cup cheddar cheese shredded
- 0.3 cup sugar
- 0.7 cup milk
- 2 tablespoons vegetable oil
- 1 teaspoon ground cinnamon
- 2 cups frangelico

Equipment

- bowl
- oven
- muffin liners

Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening, or line with paper baking cups.
- In medium bowl, beat egg slightly. Stir in remaining ingredients just until moistened. Divide batter evenly among cups.
- Bake 17 to 19 minutes or until golden brown.
- Serve warm.

Nutrition Facts

  
 **PROTEIN 8.84%**  **FAT 67.03%**  **CARBS 24.13%**

Properties

Glycemic Index:11.67, Glycemic Load:4.16, Inflammation Score:-1, Nutrition Score:2.1082608723284%

Nutrients (% of daily need)

Calories: 105.58kcal (5.28%), Fat: 8g (12.31%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.39g (2.32%), Sugar: 6.23g (6.93%), Cholesterol: 21.54mg (7.18%), Sodium: 51.49mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Calcium: 64.84mg (6.48%), Vitamin K: 6.42µg (6.11%), Vitamin E: 0.77mg (5.14%), Phosphorus: 49.81mg (4.98%), Selenium: 3.2µg (4.57%), Vitamin B2: 0.06mg (3.78%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.34mg (2.25%), Vitamin A: 105.15IU (2.1%), Vitamin D: 0.26µg (1.73%), Manganese: 0.03mg (1.58%), Vitamin B5: 0.13mg (1.33%)