



## Bacon Cheese Muffins

READY IN



40 min.

SERVINGS



24

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 pound bacon
- 2 tablespoons double-acting baking powder
- 2 eggs
- 4 cups flour all-purpose
- 1 teaspoon garlic salt
- 0.5 teaspoon ground pepper black
- 2 cups milk
- 2 cups cheddar cheese shredded
- 0.5 cup vegetable oil

## Equipment

- bowl
- frying pan
- paper towels
- oven
- toothpicks
- muffin liners

## Directions

- Cook bacon in a large skillet over medium-high heat until crisp, about 10 minutes.
- Drain the bacon slices on paper towels and crumble once cooled.
- Preheat oven to 400 degrees F (200 degrees C). Coat 24 muffin cups with cooking spray.
- Mix flour, Cheddar cheese, baking powder, garlic salt, and black pepper together in a large bowl.
- Beat eggs, milk, and vegetable oil together in a small bowl; stir into flour mixture just until moistened. Gently fold bacon through the batter. Spoon batter into prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes.
- Serve warm.

## Nutrition Facts

 PROTEIN **14.47%**  FAT **53.06%**  CARBS **32.47%**

## Properties

Glycemic Index:11, Glycemic Load:12.18, Inflammation Score:-3, Nutrition Score:6.6786956838939%

## Nutrients (% of daily need)

Calories: 219.17kcal (10.96%), Fat: 12.82g (19.72%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 17.07g (6.21%), Sugar: 1.08g (1.2%), Cholesterol: 37.97mg (12.66%), Sodium: 402.95mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.73%), Selenium: 15.04µg (21.49%), Calcium: 156.71mg

(15.67%), Vitamin B1: 0.23mg (15.42%), Phosphorus: 142.62mg (14.26%), Vitamin B2: 0.2mg (12.04%), Folate: 41.83µg (10.46%), Vitamin B3: 2.02mg (10.1%), Manganese: 0.15mg (7.63%), Iron: 1.24mg (6.88%), Zinc: 0.85mg (5.64%), Vitamin B12: 0.34µg (5.61%), Vitamin B6: 0.08mg (4.23%), Vitamin B5: 0.37mg (3.68%), Magnesium: 12.62mg (3.15%), Vitamin A: 154.32IU (3.09%), Potassium: 103.3mg (2.95%), Vitamin D: 0.43µg (2.86%), Fiber: 0.57g (2.3%), Copper: 0.04mg (2.23%), Vitamin K: 2.1µg (2%), Vitamin E: 0.29mg (1.92%)