

BREAKFAST

Bacon Cheese Muffins

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	24	\$0.45	219 kcal



The recipe Bacon Cheese Muffins can be made in about 40 minutes. For 45 cents per serving, you get a breakfast that serves 24. One serving contains 219 calories, 8g of protein, and 13g of fat. Many people made this recipe, and 211 would say it hit the spot.

Ingredients

- ☐ 1 pound bacon
- ☐ 2 eggs
- ☐ 1 teaspoon garlic salt
- ☐ 2 cups milk
- ☐ ½ cup vegetable oil
- ☐ 2 tablespoons baking powder
- ☐ 4 cups all-purpose flour
- ☐ ½ teaspoon ground black pepper
- ☐ 2 cups shredded Cheddar cheese

EQUIPMENT Bowl, Frying pan, Paper towels, Oven, Toothpicks, Muffin liners

Method

- 1 Cook bacon in a large skillet over medium-high heat until crisp, about 10 minutes.
- 2 Drain the bacon slices on paper towels and crumble once cooled.
- 3 Preheat oven to 400 degrees F (200 degrees C). Coat 24 muffin cups with cooking spray.
- 4 Mix flour, Cheddar cheese, baking powder, garlic salt, and black pepper together in a large bowl.
- 5 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.
- 6 Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes.
- 7 Serve warm.

Nutrition per serving

219

KCAL

8 g

PROTEIN

13 g

FAT

18 g

CARBS

Saturated Fat

5 g · 31% of daily needs

Fibre

0.6 g · 2% of daily needs

Sugar

1.1 g · 1% of daily needs

Sodium

403 mg · 18% of daily needs

Cholesterol

38 mg · 13% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/bacon-cheese-muffins-148347