



## Barbecue Muffins

READY IN



30 min.

SERVINGS



10

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.5 teaspoons apple cider vinegar
- 1.5 tablespoons brown sugar
- 12 ounce biscuits refrigerated canned
- 0.3 teaspoon chili powder
- 0.3 cup catsup
- 0.5 pound ground beef lean
- 2 ounces cheddar cheese shredded

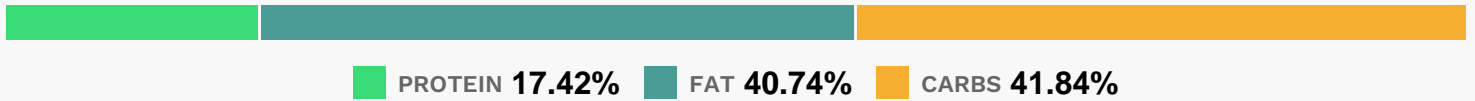
## Equipment

- frying pan
- oven
- wire rack
- muffin liners

## Directions

- Separate biscuits; pat or roll into 5-inch circles on a lightly floured surface, and press into lightly greased muffin pans.
- Brown ground beef in a large skillet, stirring until it crumbles; drain. Stir in ketchup and next 3 ingredients; spoon into muffin cups.
- Bake at 375 for 15 minutes; sprinkle with cheese, and bake 5 more minutes or until cheese melts. Cool in pan on a wire rack 5 minutes.
- Baked muffins may be frozen in an airtight container up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:13.2, Glycemic Load:10.48, Inflammation Score:-2, Nutrition Score:6.6499999735666%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 191.57kcal (9.58%), Fat: 8.69g (13.37%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 19.6g (7.13%), Sugar: 4.23g (4.7%), Cholesterol: 20.07mg (6.69%), Sodium: 428.29mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Phosphorus: 219mg (21.9%), Selenium: 12.02µg (17.17%), Vitamin B3: 2.48mg (12.41%), Vitamin B1: 0.16mg (10.47%), Zinc: 1.54mg (10.26%), Vitamin B12: 0.62µg (10.26%), Vitamin B2: 0.17mg (10.08%), Iron: 1.72mg (9.53%), Manganese: 0.15mg (7.3%), Folate: 26.71µg (6.68%), Calcium: 61.41mg (6.14%), Vitamin B6: 0.12mg (6%), Potassium: 179.82mg (5.14%), Vitamin E: 0.66mg (4.41%), Magnesium: 13.36mg (3.34%), Vitamin B5: 0.28mg (2.77%), Copper: 0.05mg (2.7%), Vitamin A: 103.1IU (2.06%), Fiber: 0.48g (1.91%), Vitamin K: 1.83µg (1.74%)