



Basil-Red Pepper Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup skim milk fat-free (skim)
- ☐ 0.3 cup vegetable oil
- ☐ 2 egg whites fat-free
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon sugar
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper

- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 2 tablespoons basil dried fresh chopped

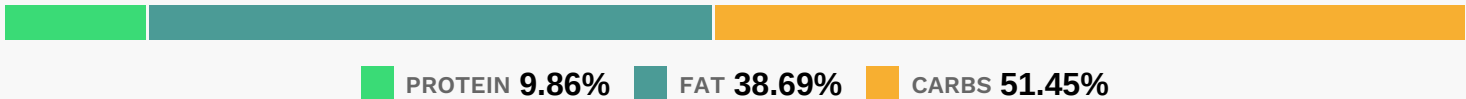
Equipment

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

Directions

- ☐ Heat oven to 400°F. Spray 12 regular-size muffin cups with cooking spray, or line with paper baking cups.
- ☐ Beat milk, oil and egg whites in large bowl with fork. Stir in remaining ingredients just until flour is moistened. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 20 minutes or until golden brown. Immediately remove from pan to wire rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:12.87, Inflammation Score:-3, Nutrition Score:6.6556521083998%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 146.63kcal (7.33%), Fat: 6.33g (9.74%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.98g (6.54%), Sugar: 2.35g (2.62%), Cholesterol: 0.61mg (0.2%), Sodium: 221mg (9.61%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin K: 27.18µg (25.88%), Selenium: 8.52µg (12.17%), Vitamin B1: 0.18mg (11.94%), Folate: 44.04µg (11.01%), Manganese: 0.22mg (10.98%), Calcium: 106.07mg (10.61%), Vitamin B2: 0.17mg (9.71%), Iron: 1.73mg (9.63%), Phosphorus: 70.71mg (7.07%), Vitamin C: 5.69mg (6.9%), Vitamin B3: 1.34mg (6.72%), Vitamin E: 0.66mg (4.37%), Vitamin A: 197.08IU (3.94%), Fiber: 0.96g (3.85%), Magnesium: 13.54mg (3.39%), Potassium: 97.07mg (2.77%), Copper: 0.05mg (2.43%), Vitamin B6: 0.04mg (2.18%), Vitamin B12: 0.12µg (2.05%), Zinc: 0.31mg (2.04%), Vitamin B5: 0.19mg (1.94%), Vitamin D: 0.22µg (1.5%)