



Beer-Cheese Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



66

CALORIES



28 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups biscuit and baking mix low-fat
- 0.5 cup cornmeal
- 1 teaspoon dillweed dried
- 2 teaspoons mustard dry
- 0.5 cup green onions chopped (2 large)
- 12 ounce beer light canned
- 3 ounces cheddar cheese shredded reduced-fat

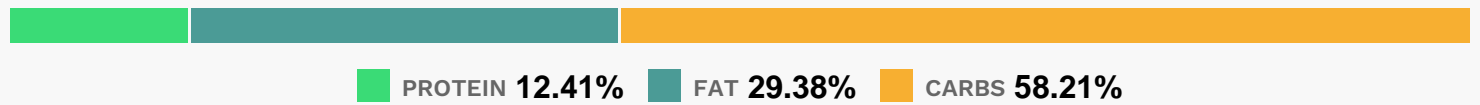
Equipment

oven

Directions

- Combine first 6 ingredients; stir well.
- Add beer, stirring just until dry ingredients are moistened.
- Spoon batter evenly into muffin pans coated with cooking spray, filling two-thirds full.
- Bake at 375 for 25 minutes or until golden.
- Remove from pans immediately.

Nutrition Facts



Properties

Glycemic Index:1.52, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:0.98956521964915%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 28.39kcal (1.42%), Fat: 0.89g (1.36%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.58g (0.65%), Cholesterol: 0.36mg (0.12%), Sodium: 66.3mg (2.88%), Alcohol: 0.16g (100%), Alcohol %: 1.55% (100%), Protein: 0.84g (1.68%), Phosphorus: 37.02mg (3.7%), Vitamin B1: 0.03mg (2.08%), Vitamin K: 1.88µg (1.79%), Folate: 7.13µg (1.78%), Vitamin B2: 0.03mg (1.49%), Calcium: 14.74mg (1.47%), Manganese: 0.03mg (1.34%), Vitamin B3: 0.26mg (1.32%), Selenium: 0.75µg (1.07%), Iron: 0.19mg (1.07%)