



## Beer-Pimiento Cheese Muffins

 Vegetarian  Very Healthy

READY IN



38 min.

SERVINGS



1

CALORIES



3691 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 cups baking mix all-purpose
- 12 oz beer at room temperature
- 1 cup bite-size cheddar cheese crackers crushed ()
- 1 large eggs
- 1 teaspoon onion finely grated
- 4 oz pimientos diced drained
- 8 oz sharp cheddar cheese shredded

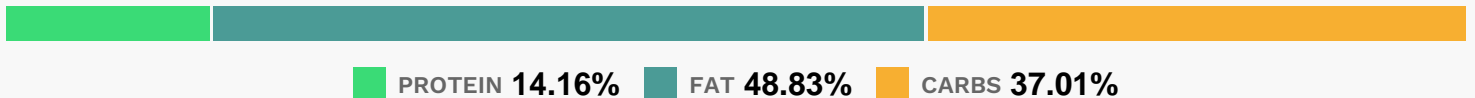
### Equipment

- frying pan
- oven
- wire rack

## Directions

- Preheat oven to 40
- Stir together first 4 ingredients; stir in baking mix just until ingredients are blended. (Batter may be lumpy.) Stir in cheese. Spoon batter into lightly greased 12-cup muffin pans, filling 18 cups three-fourths full.
- Sprinkle with crushed crackers.
- Bake at 400 for 13 to 15 minutes or until lightly browned.
- Remove from pan to a wire rack, and let cool 10 minutes.
- TRY THIS TWIST!
- Miniature Beer-Pimiento Cheese Muffins: Omit Cheddar cheese crackers.
- Pour batter into 2 lightly greased 24-cup miniature muffin pans.
- Bake and cool as directed. Makes: 4 dozen.

## Nutrition Facts



## Properties

Glycemic Index:166.5, Glycemic Load:9.18, Inflammation Score:-10, Nutrition Score:74.353912934013%

## Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

## Nutrients (% of daily need)

Calories: 3691.1kcal (184.56%), Fat: 194.63g (299.43%), Saturated Fat: 85.9g (536.88%), Carbohydrates: 331.83g (110.61%), Net Carbohydrates: 319.11g (116.04%), Sugar: 61.08g (67.86%), Cholesterol: 535.4mg (178.47%), Sodium: 8451.03mg (367.44%), Alcohol: 13.27g (100%), Alcohol %: 1.27% (100%), Protein: 126.99g (253.98%), Phosphorus: 4535.29mg (453.53%), Calcium: 3311.56mg (331.16%), Vitamin B2: 3.99mg (234.88%), Selenium: 149.79µg (213.99%), Vitamin B1: 2.92mg (194.69%), Folate: 723.59µg (180.9%), Vitamin C: 119.52mg (144.88%), Vitamin A: 6704.72IU (134.09%), Vitamin B3: 24.62mg (123.09%), Zinc: 16.29mg (108.63%), Vitamin B12: 5.99µg (99.78%), Iron: 17.12mg (95.13%), Manganese: 1.81mg (90.71%), Vitamin B5: 6.57mg (65.66%), Magnesium: 246.29mg (61.57%), Vitamin B6: 1.14mg (57.07%), Fiber: 12.72g (50.89%), Copper: 0.97mg (48.66%), Vitamin K: 51.08µg (48.65%), Potassium: 1426.67mg (40.76%), Vitamin E: 4.65mg (31%), Vitamin D: 3.04µg (20.26%)