

## Breakfast in a Muffin

READY IN



35 min.

SERVINGS



12

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 4 teaspoons double-acting baking powder
- 4 bacon crumbled cooked
- 8 ounces cream cheese softened
- 2 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt
- 0.3 teaspoon lawry's seasoned salt
- 0.3 cup cheddar cheese shredded

- 0.3 cup sugar
- 0.3 cup vegetable oil
- 1 cup flour whole wheat

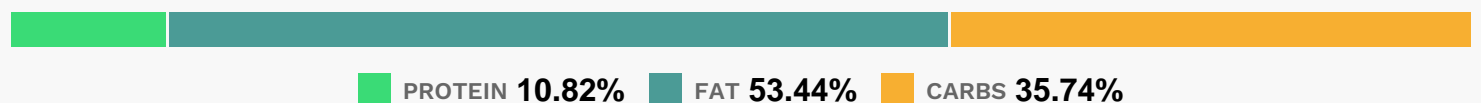
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- In a large bowl, combine first five ingredients.
- Combine milk, oil and 1 egg; stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups half full.
- In a bowl, beat cream cheese and remaining egg.
- Add cheddar cheese and seasoned salt; mix well. Stir in bacon. Spoon 2 tablespoons in the center of each muffin.
- Bake at 425° for 15–20 minutes or until a toothpick comes out clean.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:27.42, Glycemic Load:9.65, Inflammation Score:-4, Nutrition Score:7.8582608907119%

## Nutrients (% of daily need)

Calories: 239.73kcal (11.99%), Fat: 14.49g (22.3%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 20.46g (7.44%), Sugar: 5.95g (6.61%), Cholesterol: 53.8mg (17.93%), Sodium: 376.36mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Manganese: 0.48mg (24.2%), Selenium: 16.02µg (22.89%), Phosphorus: 152.57mg (15.26%), Calcium: 147.8mg (14.78%), Vitamin B2: 0.19mg (11.2%), Vitamin B1: 0.17mg (11.08%), Vitamin K: 9.11µg (8.68%), Folate: 29.1µg (7.28%), Vitamin B3: 1.44mg (7.18%), Vitamin A: 351.84IU

(7.04%), Iron: 1.17mg (6.51%), Magnesium: 22.84mg (5.71%), Fiber: 1.35g (5.42%), Zinc: 0.77mg (5.16%), Vitamin E: 0.73mg (4.85%), Vitamin B6: 0.1mg (4.83%), Vitamin B12: 0.27µg (4.51%), Vitamin B5: 0.44mg (4.41%), Potassium: 128.5mg (3.67%), Copper: 0.07mg (3.45%), Vitamin D: 0.4µg (2.63%)