



## Brie, courgette & red pepper muffins

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 knob butter
- ☐ 2 small courgette cut into small cubes
- ☐ 250 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 1 tbsp oregano leaves dried fresh
- ☐ 3 eggs lightly beaten
- ☐ 100 ml milk
- ☐ 5 tbsp unrefined sunflower oil

- ☐ 2 pasilla peppers red cut into bite-sized pieces (see tip, below)
- ☐ 85 g cheddar grated
- ☐ 100 g round of président brie for a vegetarian-friendly brand (check packaging )

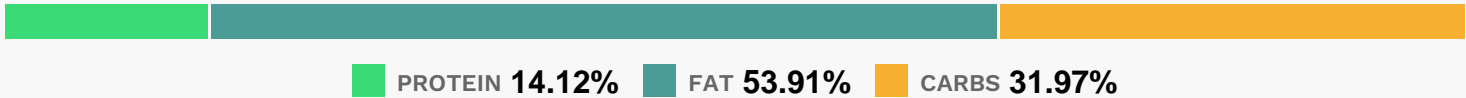
## Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

## Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Line 10 holes of a muffin tin with paper cases. Melt the butter in a pan and gently cook the courgettes for about 5 mins until softened.
- ☐ Mix the flour, baking powder, oregano and some seasoning in a large bowl. Make a well in the centre and add the eggs, milk and oil, stirring all the time to draw the flour into the centre. Beat for 1 min or so to make a smooth batter.
- ☐ Add the courgettes, peppers, two thirds of the cheddar and all the brie or camembert to the batter, stirring well. Divide between the muffin cases and sprinkle with the remaining cheddar.
- ☐ Bake for 25–30 mins until the muffins feel firm to the touch and are golden and crusty on top.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:35.3, Glycemic Load:12.5, Inflammation Score:–8, Nutrition Score:11.248260954152%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 268.7kcal (13.43%), Fat: 16.19g (24.91%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.06g (7.29%), Sugar: 2.31g (2.56%), Cholesterol: 70.56mg (23.52%), Sodium: 228.18mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Vitamin C: 34.7mg (42.06%), Selenium: 18.14µg (25.92%), Vitamin E: 3.75mg (24.99%), Vitamin A: 1109.02IU (22.18%), Calcium: 163.68mg (16.37%), Phosphorus: 160.91mg (16.09%), Manganese: 0.3mg (15.01%), Vitamin B2: 0.22mg (13.04%), Folate: 40.3µg (10.07%), Vitamin B6: 0.18mg (8.98%), Zinc: 1.13mg (7.5%), Vitamin B12: 0.4µg (6.61%), Vitamin B5: 0.65mg (6.52%), Fiber: 1.55g (6.2%), Vitamin K: 6.36µg (6.06%), Potassium: 202.64mg (5.79%), Magnesium: 21.99mg (5.5%), Iron: 0.93mg (5.15%), Vitamin B1: 0.06mg (4.05%), Copper: 0.08mg (3.99%), Vitamin B3: 0.7mg (3.51%), Vitamin D: 0.47µg (3.12%)