



Broccoli-Cheese Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup broccoli fresh green frozen steamed crisp drained finely chopped giant® steamers®
- 1 large eggs
- 0.3 teaspoon onion powder
- 4 oz sharp cheddar cheese shredded
- 3 tablespoons vegetable oil
- 0.5 cup milk whole
- 1.5 cups baking mix original bisquick®

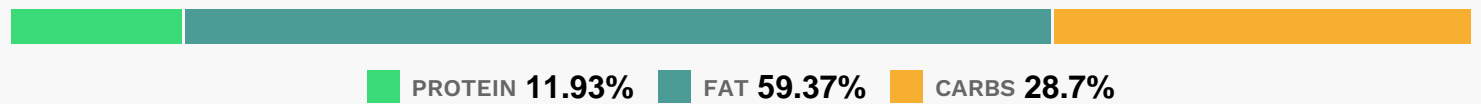
Equipment

- bowl
- oven
- muffin liners
- muffin tray

Directions

- Heat oven to 400°F. Spray 12-cup muffin pan with cooking spray.
- In large bowl, stir together Bisquick mix, milk, oil and egg. Stir in broccoli, cheese and onion powder just until combined. Spoon mixture evenly into prepared muffin cups.
- Bake 8 to 10 minutes or until golden brown. Cool 5 minutes; remove from pans.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:4.6730435050052%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 146.26kcal (7.31%), Fat: 9.66g (14.86%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 10.09g (3.67%), Sugar: 2.35g (2.61%), Cholesterol: 26.47mg (8.82%), Sodium: 264.22mg (11.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Phosphorus: 152.1mg (15.21%), Calcium: 110.38mg (11.04%), Vitamin K: 11.24µg (10.7%), Vitamin B2: 0.14mg (8.51%), Selenium: 5.37µg (7.67%), Vitamin B1: 0.1mg (6.61%), Folate: 25.03µg (6.26%), Vitamin B12: 0.25µg (4.18%), Vitamin C: 3.33mg (4.03%), Zinc: 0.55mg (3.66%), Vitamin B3: 0.72mg (3.62%), Vitamin A: 157.1IU (3.14%), Manganese: 0.06mg (3.09%), Vitamin E: 0.45mg (2.97%), Iron: 0.53mg (2.96%), Vitamin B5: 0.29mg (2.95%), Magnesium: 8.84mg (2.21%), Vitamin B6: 0.04mg (1.9%), Potassium: 64.72mg (1.85%), Vitamin D: 0.25µg (1.68%), Fiber: 0.42g (1.67%), Copper: 0.03mg (1.57%)