



Butter Muffins



Vegetarian

READY IN



40 min.

SERVINGS



100

CALORIES



22 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 cups self-rising flour
- ☐ 8 oz cup heavy whipping cream sour

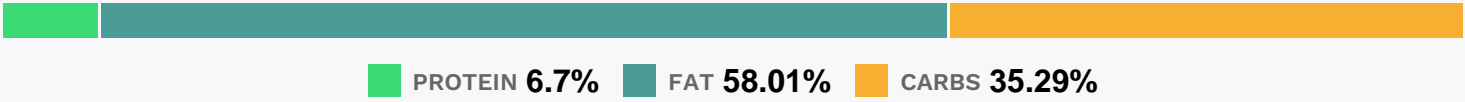
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐
- Preheat oven to 35
- ☐
- Stir together all ingredients in a large bowl just until blended. Spoon batter into 2 lightly greased 12-cup miniature muffin pans, filling completely full.
- ☐
- Bake 25 to 28 minutes or until muffins are golden brown.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:0.30782608606893%

Nutrients (% of daily need)

Calories: 21.65kcal (1.08%), Fat: 1.4g (2.16%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.09g (0.1%), Cholesterol: 3.78mg (1.26%), Sodium: 8.05mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Selenium: 1.09µg (1.55%)