



Buttermilk and Herb Stuffing Muffins

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 celery stalks thinly sliced
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 large eggs
- ☐ 1 cup buttermilk 1% low-fat ()
- ☐ 1 cup lower-sodium chicken broth

- ☐ 8 ounce mushrooms coarsely chopped ()
- ☐ 4 cups onions red chopped
- ☐ 4 tablespoons butter unsalted

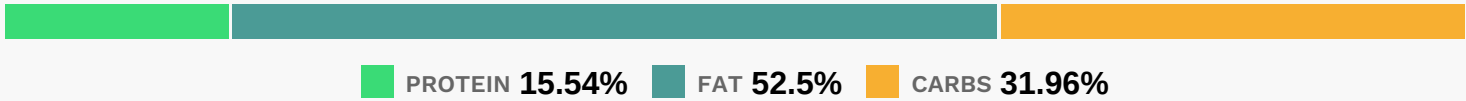
Equipment

- ☐ oven
- ☐ pot
- ☐ muffin tray

Directions

- ☐ Coat a 12-cup muffin tin with cooking spray; set aside.
- ☐ Heat butter in a 4- to 5-quart pot over medium heat until melted; add onion and next 5 ingredients (through pepper). Cook until softened (about 5 minutes), stirring occasionally.
- ☐ Add mushrooms; cook over medium-high heat until mushrooms are tender and liquid evaporates (about 5 minutes), stirring well.
- ☐ Add broth; simmer.
- ☐ Preheat oven to 42
- ☐ Remove pot from heat; stir in remaining ingredients with a fork. Cover and let stand 5 minutes. Spoon stuffing mixture into 10 cups of prepared muffin tin in mounds; bake in middle of oven until golden on top (about 25 minutes).
- ☐ Let cool in oven at least 15 minutes; remove from tin.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:1.5, Inflammation Score:-4, Nutrition Score:4.9573912931525%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg

Nutrients (% of daily need)

Calories: 96.75kcal (4.84%), Fat: 5.9g (9.08%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.37g (4.86%), Cholesterol: 50.2mg (16.73%), Sodium: 99.04mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin B2: 0.19mg (11.42%), Selenium: 6.05µg (8.64%), Phosphorus: 81.13mg (8.11%), Potassium: 269.95mg (7.71%), Vitamin C: 5.52mg (6.69%), Vitamin B5: 0.65mg (6.48%), Vitamin B6: 0.13mg (6.37%), Manganese: 0.12mg (5.75%), Folate: 22.71µg (5.68%), Fiber: 1.38g (5.54%), Copper: 0.11mg (5.5%), Calcium: 52.26mg (5.23%), Vitamin B3: 0.92mg (4.62%), Vitamin A: 214.95IU (4.3%), Vitamin B1: 0.06mg (4.06%), Magnesium: 12.85mg (3.21%), Zinc: 0.47mg (3.12%), Iron: 0.51mg (2.86%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.33µg (2.2%), Vitamin K: 2.16µg (2.06%), Vitamin E: 0.27mg (1.8%)