



Buttery Herb-Cheese Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6.5 ounce garlic-and-herb spreadable cheese softened
- 1 cup butter melted
- 2 cups self-rising flour
- 0.5 cup cup heavy whipping cream sour

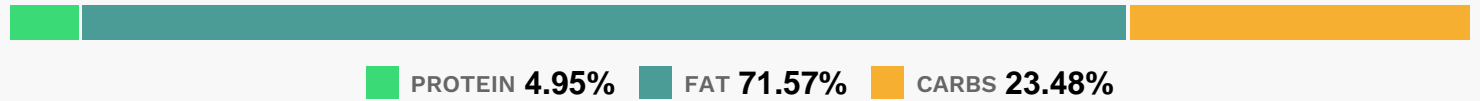
Equipment

- oven

Directions

- Stir together all ingredients just until blended.
- Spoon muffin batter into lightly greased miniature muffin pans, filling to the top.
- Bake at 350 for 25 minutes or until lightly browned.
- Note: For testing purposes only, we used Alouette Garlic et Herbes Gourmet
- Spreadable Cheese.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:1.0508695682106%

Nutrients (% of daily need)

Calories: 113.29kcal (5.66%), Fat: 9.15g (14.08%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 6.56g (2.39%), Sugar: 0.16g (0.18%), Cholesterol: 25.21mg (8.4%), Sodium: 83.39mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Selenium: 3.53µg (5.04%), Vitamin A: 213.14IU (4.26%), Manganese: 0.07mg (3.32%), Vitamin E: 0.22mg (1.49%), Phosphorus: 12.81mg (1.28%)