



Carla's Leek & cheese muffins

 Vegetarian

READY IN



40 min.

SERVINGS



9

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 175 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 0.3 tsp baking soda
- ☐ 0.5 tsp allspice
- ☐ 50 ml milk
- ☐ 1 eggs with a fork beaten
- ☐ 100 ml vegetable oil
- ☐ 1 leek finely chopped

☐ 75 g cheddar cheese finely grated

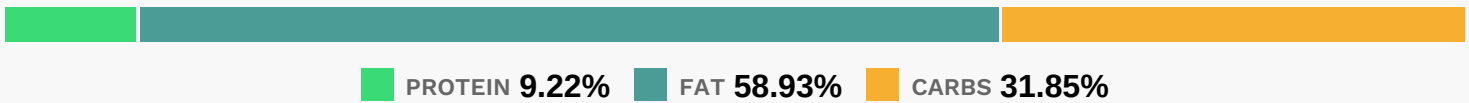
Equipment

- ☐ oven
- ☐ muffin tray

Directions

- ☐ Heat the oven to 180C/160C fan/gas 4 and line a muffin tin with 9 cases.
- ☐ Mix all the dry ingredients until combined, then gently stir in the milk, egg and oil.
- ☐ Gently fold in the leek and Cheddar. Spoon the mixture evenly into the muffin cases and place in the oven.
- ☐ Bake for about 25 mins, then check they may need a little longer. These taste great served with either spinach soup or with a dab of butter.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:11.42, Inflammation Score:-4, Nutrition Score:6.469999930133%

Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 212.29kcal (10.61%), Fat: 13.95g (21.46%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.24g (5.91%), Sugar: 0.76g (0.84%), Cholesterol: 27.21mg (9.07%), Sodium: 155.21mg (6.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin K: 23.77µg (22.63%), Selenium: 10.66µg (15.23%), Folate: 46µg (11.5%), Vitamin B1: 0.17mg (11.08%), Calcium: 108.18mg (10.82%), Vitamin B2: 0.17mg (9.77%), Manganese: 0.19mg (9.29%), Phosphorus: 89.41mg (8.94%), Iron: 1.27mg (7.08%), Vitamin E: 1.06mg (7.05%), Vitamin B3: 1.2mg (6.02%), Vitamin A: 284.6IU (5.69%), Zinc: 0.54mg (3.61%), Fiber: 0.73g (2.91%), Magnesium: 10.85mg (2.71%), Vitamin B12: 0.16µg (2.71%), Vitamin B6: 0.05mg (2.47%), Copper: 0.05mg (2.34%), Vitamin B5: 0.23mg (2.3%), Potassium: 61.57mg (1.76%), Vitamin C: 1.23mg (1.49%), Vitamin D: 0.21µg (1.41%)