



## Cheddar and Green Onion Muffins

 Vegetarian

READY IN



32 min.

SERVINGS



100

CALORIES



22 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup green onions finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup milk

- ☐ 1 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded extra-sharp

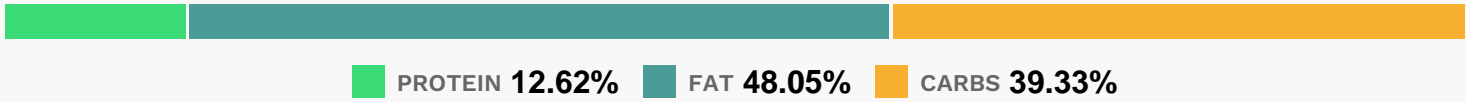
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

## Directions

- ☐ Combine first 5 ingredients in a large bowl; stir well. Stir in cheese and green onions. Make a well in center of mixture.
- ☐ Whisk together egg, milk, and butter; add to dry ingredients, stirring just until moistened. Spoon into lightly greased muffin pans, filling three-fourths full.
- ☐ Bake at 375 for 22 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans immediately, and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.51, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:0.73652173967465%

## Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 21.54kcal (1.08%), Fat: 1.15g (1.77%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.14g (0.15%), Cholesterol: 4.91mg (1.64%), Sodium: 50mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Selenium: 1.38µg (1.97%), Calcium: 19.17mg (1.92%), Vitamin B1: 0.02mg (1.45%), Phosphorus: 14.33mg (1.43%), Vitamin B2: 0.02mg (1.39%), Folate: 5.29µg (1.32%)