



WHATSheATE



Cheddar-Green Onion Muffins



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter chilled cut into pieces
- ☐ 2 ounces extrasharp cheddar cheese shredded divided reduced-fat
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups buttermilk fat-free
- ☐ 7.8 ounces flour all-purpose

- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons green onions chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cornmeal yellow

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and the next 5 ingredients (through pepper) in a food processor; pulse 3 times to combine.
- ☐ Add 5 tablespoons cheese and butter; pulse 5 times or until mixture resembles coarse crumbs. Spoon mixture into a medium bowl.
- ☐ Combine buttermilk, onions, garlic, and egg; stir with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Sprinkle evenly with remaining 3 tablespoons cheese.
- ☐ Bake at 375 for 18 minutes or until a wooden pick inserted in center comes out clean. Cool for 5 minutes in pan on a wire rack; remove from pan. Cool completely on a wire rack.

Nutrition Facts



 **PROTEIN 13.93%**  **FAT 33.82%**  **CARBS 52.25%**

Properties

Glycemic Index:33.88, Glycemic Load:11.71, Inflammation Score:-2, Nutrition Score:4.3626086634138%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 140.03kcal (7%), Fat: 5.22g (8.03%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 17.3g (6.29%), Sugar: 1.39g (1.55%), Cholesterol: 28.24mg (9.41%), Sodium: 237.73mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.67%), Selenium: 9.1µg (13%), Vitamin B1: 0.16mg (10.53%), Folate: 38.34µg (9.59%), Vitamin B2: 0.14mg (7.99%), Manganese: 0.16mg (7.96%), Phosphorus: 66.08mg (6.61%), Calcium: 63.73mg (6.37%), Iron: 1.09mg (6.06%), Vitamin B3: 1.18mg (5.89%), Fiber: 0.85g (3.39%), Vitamin A: 167.53IU (3.35%), Zinc: 0.47mg (3.12%), Magnesium: 9.84mg (2.46%), Vitamin K: 2.57µg (2.45%), Vitamin B6: 0.04mg (2.09%), Copper: 0.04mg (2.06%), Vitamin B5: 0.19mg (1.9%), Vitamin B12: 0.09µg (1.55%), Potassium: 44.89mg (1.28%), Vitamin E: 0.19mg (1.27%)