



Cheese and Spinach Muffins

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



51 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup milk
- ☐ 1 tablespoon vegetable oil
- ☐ 1 eggs
- ☐ 0.5 cup pkt spinach fresh coarsely chopped
- ☐ 2 ounces swiss cheese shredded
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 tablespoons spring onion chopped
- ☐ 2 cups frangelico

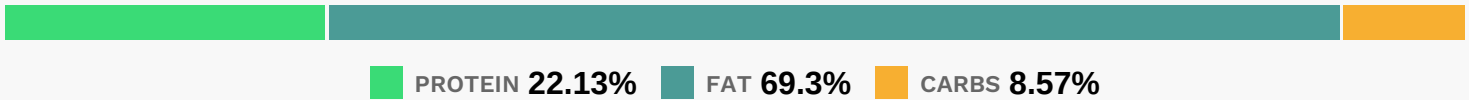
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms of 12 regular-size muffin cups.
- ☐ Beat milk, oil and egg in medium bowl until blended. Stir in remaining ingredients just until moistened. Fill muffin cups 2/3 full.
- ☐ Bake 15 minutes or until golden brown; cool slightly.
- ☐ Remove from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:2.5126087063033%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 51.34kcal (2.57%), Fat: 3.97g (6.11%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.7g (0.77%), Cholesterol: 21.47mg (7.16%), Sodium: 56.7mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Vitamin K: 10.34µg (9.85%), Calcium: 81.15mg (8.12%), Phosphorus: 62.26mg (6.23%), Selenium: 3.55µg (5.08%), Vitamin B12: 0.28µg (4.61%), Vitamin A: 226.18IU (4.52%), Vitamin B2: 0.06mg (3.54%), Zinc: 0.41mg (2.73%), Vitamin D: 0.23µg (1.55%), Magnesium: 5.54mg (1.39%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.14mg (1.35%), Folate: 5.34µg (1.33%), Potassium: 42.32mg (1.21%), Vitamin B6: 0.02mg (1.13%)