



Cheese and Spinach Muffins

 Popular

READY IN



30 min.

SERVINGS



12

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

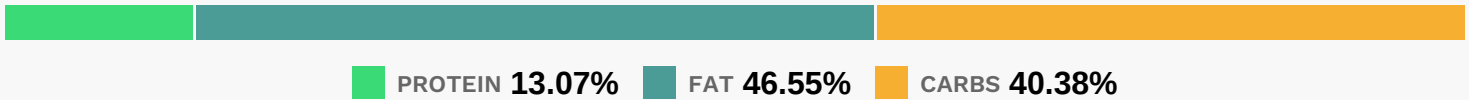
Equipment

- ☐ 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:-3, Nutrition Score:5.079130400782%

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: 136.94kcal (6.85%), Fat: 7.05g (10.85%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 13.29g (4.83%), Sugar: 3.03g (3.36%), Cholesterol: 21.87mg (7.29%), Sodium: 311.9mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Phosphorus: 179.26mg (17.93%), Calcium: 116.95mg (11.7%), Vitamin K: 11.64µg (11.09%), Vitamin B2: 0.15mg (8.68%), Vitamin B1: 0.13mg (8.44%), Folate: 30.34µg (7.58%), Selenium: 5.05µg (7.22%), Vitamin B12: 0.35µg (5.91%), Vitamin B3: 0.94mg (4.72%), Vitamin A: 226.98IU (4.54%), Manganese: 0.08mg (4.22%), Iron: 0.68mg (3.79%), Zinc: 0.53mg (3.53%), Vitamin B5: 0.31mg (3.12%), Magnesium: 10.54mg (2.64%), Potassium: 74.92mg (2.14%), Copper: 0.04mg (1.95%), Fiber: 0.47g (1.89%),

Vitamin B6: 0.04mg (1.89%), Vitamin E: 0.23mg (1.56%), Vitamin D: 0.23µg (1.55%)