



Cheeseburger Muffins

 Popular

READY IN



65 min.

SERVINGS



24

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 2 eggs beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 1 pound ground beef
- ☐ 0.8 cup catsup
- ☐ 0.8 cup milk
- ☐ 1 small onion chopped

- ☐ 1 teaspoon salt
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 tablespoon sugar white
- ☐ 1 teaspoon mustard yellow prepared

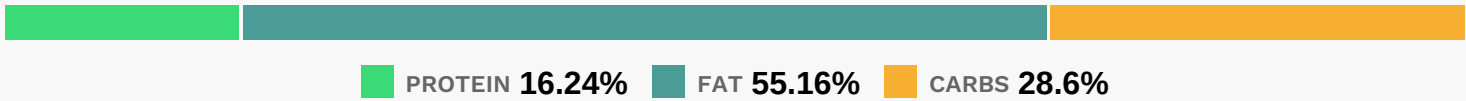
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Line 24 muffin cups with paper cups and lightly coat with cooking spray.
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until the beef is completely browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Mix flour, sugar, baking powder, and salt together in a large bowl. Stir ketchup, milk, butter, eggs, and mustard together in a separate bowl; add to flour mixture and stir until pink in color.
- ☐ Mix ground beef mixture into the flour mixture; spoon into prepared muffin cups to completely filled.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 40 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:7.88, Inflammation Score:-3, Nutrition Score:5.7678260492242%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 188.52kcal (9.43%), Fat: 11.56g (17.78%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 13.05g (4.74%), Sugar: 2.67g (2.97%), Cholesterol: 47.56mg (15.85%), Sodium: 315.69mg (13.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.31%), Selenium: 11.37µg (16.25%), Phosphorus: 113.47mg (11.35%), Calcium: 106.08mg (10.61%), Vitamin B2: 0.18mg (10.36%), Vitamin B12: 0.59µg (9.77%), Zinc: 1.33mg (8.86%), Vitamin B3: 1.7mg (8.49%), Vitamin B1: 0.12mg (8.11%), Folate: 30.24µg (7.56%), Iron: 1.12mg (6.25%), Vitamin A: 283.37IU (5.67%), Manganese: 0.11mg (5.27%), Vitamin B6: 0.1mg (4.99%), Potassium: 115.59mg (3.3%), Vitamin B5: 0.29mg (2.88%), Magnesium: 11.53mg (2.88%), Vitamin E: 0.42mg (2.79%), Copper: 0.04mg (2.2%), Fiber: 0.43g (1.73%), Vitamin D: 0.23µg (1.55%), Vitamin K: 1.21µg (1.15%)