



Chicken and Green Chile Muffins

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons butter
- 0.5 cup onion sweet finely chopped
- 8 oz cheddar cheese shredded
- 1 eggs
- 0.5 cup milk
- 1 cup roasted chicken cooked finely chopped
- 4 oz chilis green chopped canned
- 1.5 cups frangelico

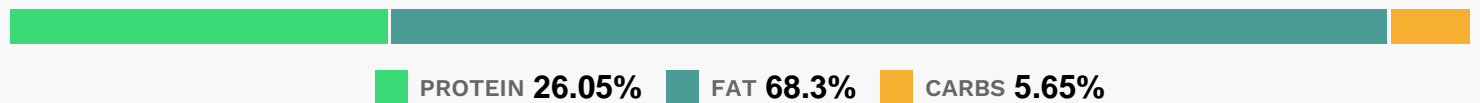
Equipment

- bowl
- frying pan
- oven
- whisk
- muffin liners

Directions

- Heat oven to 425°F. Spray 12 regular-size muffin cups with cooking spray. In 8-inch skillet, melt butter over medium-high heat. Cook onion in butter 3 to 5 minutes, stirring frequently, until tender.
- In large bowl, stir Bisquick mix and 1 cup of the cheese. In small bowl, stir egg and milk with fork or whisk until well blended. Make well in center of Bisquick mixture; stir in egg mixture just until dry ingredients are moistened. Stir in onion, chicken and chiles.
- Divide batter among muffin cups, filling each two-thirds full.
- Sprinkle evenly with remaining 1 cup cheese.
- Bake 18 minutes or until golden. Cool 2 to 3 minutes; remove from pan.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:4.1926086933716%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 127.77kcal (6.39%), Fat: 9.68g (14.9%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.58g (0.57%), Sugar: 1.07g (1.19%), Cholesterol: 41.56mg (13.85%), Sodium: 203.6mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Calcium: 146.29mg (14.63%), Phosphorus: 126.35mg (12.64%), Selenium: 7.09µg (10.12%), Vitamin B2: 0.11mg (6.68%), Vitamin A: 302.77IU (6.06%), Vitamin B12: 0.36µg (5.96%), Zinc: 0.85mg (5.68%), Vitamin B3: 1.02mg (5.12%), Vitamin B6: 0.09mg (4.61%), Vitamin C: 3.56mg (4.31%), Folate: 11.43µg (2.86%), Vitamin B5: 0.27mg (2.72%), Iron: 0.46mg (2.55%), Magnesium: 9.92mg (2.48%), Potassium: 83.17mg (2.38%), Vitamin D: 0.28µg (1.86%), Vitamin B1: 0.02mg (1.52%), Vitamin E: 0.2mg (1.34%)