



## Chicken and Green Chile Muffins

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

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

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## Equipment

bowl

frying pan

oven

whisk

muffin liners

## Directions

Heat oven to 425F. 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.

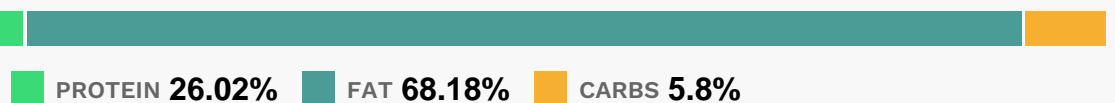
Divide batter among muffin cups, filling each two-thirds full.

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:4.2404347891393%

## 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: 128.02kcal (6.4%), Fat: 9.69g (14.9%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.07g (1.19%), Cholesterol: 41.56mg (13.85%), Sodium: 208.28mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.63%), Calcium: 146.72mg (14.67%), Phosphorus: 126.48mg (12.65%), Selenium: 7.09µg (10.13%), Vitamin B2: 0.11mg (6.7%), Vitamin A: 304.26IU (6.09%), Vitamin B12: 0.36µg (5.96%), Zinc: 0.85mg (5.69%), Vitamin B3: 1.03mg (5.15%), Vitamin C: 3.96mg (4.8%), Vitamin B6: 0.09mg (4.68%), Folate: 12.07µg (3.02%), Vitamin B5: 0.27mg (2.73%), Iron: 0.48mg (2.64%), Magnesium: 9.97mg (2.49%), Potassium: 84.51mg (2.41%), Vitamin D: 0.28µg (1.86%), Vitamin B1: 0.02mg (1.53%), Vitamin E: 0.2mg (1.34%)