



Chicken-and-Green Chile Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups baking mix all-purpose
- ☐ 3 tablespoons butter
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 1 cup finley chicken cooked chopped
- ☐ 1 large eggs
- ☐ 0.5 cup milk
- ☐ 2 cups mexican four-cheese blend shredded
- ☐ 1 medium size onion sweet chopped

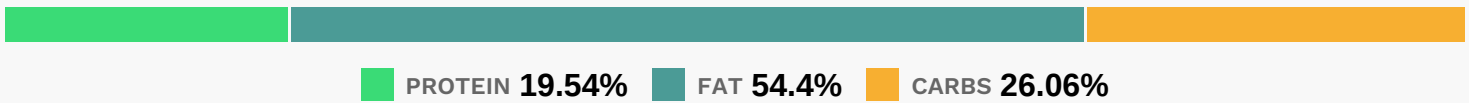
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt butter in a skillet over medium-high heat; add onion, and saut 3 to 5 minutes or until tender.
- ☐ Combine baking mix and half of cheese in a large bowl; make a well in center of mixture.
- ☐ Stir together milk and egg, blending well; add to cheese mixture, stirring until moistened. Stir in onion, chopped green chiles, and chicken. Spoon into lightly greased muffin pans, filling two-thirds full.
- ☐ Sprinkle with remaining 1 cup of cheese.
- ☐ Sprinkle with poppy seeds, if desired.
- ☐ Bake at 425 for 18 minutes or until golden.
- ☐ Let stand 2 to 3 minutes before removing from pans.
- ☐ Note: Substitute mini muffin pans for regular pans, if desired.
- ☐ Bake at 425 for 14 minutes or until golden brown. Make 2 1/2 dozen mini muffins.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:6.6204347662304%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 198.79kcal (9.94%), Fat: 11.99g (18.45%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.19g (4.43%), Sugar: 3.87g (4.3%), Cholesterol: 43.5mg (14.5%), Sodium: 400.65mg (17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Phosphorus: 219.85mg (21.99%), Calcium: 176.5mg (17.65%), Selenium: 8.44µg (12.05%), Vitamin B2: 0.19mg (10.89%), Folate: 35.84µg (8.96%), Vitamin B3: 1.74mg (8.7%), Vitamin B1: 0.12mg (7.86%), Vitamin B12: 0.42µg (6.96%), Vitamin B6: 0.13mg (6.64%), Zinc: 0.97mg (6.47%), Vitamin A: 306.23IU (6.12%), Vitamin C: 5.01mg (6.07%), Iron: 0.95mg (5.29%), Vitamin B5: 0.43mg (4.33%), Manganese: 0.08mg (3.98%), Magnesium: 15.6mg (3.9%), Potassium: 134.34mg (3.84%), Fiber: 0.74g (2.98%), Copper: 0.05mg (2.65%), Vitamin D: 0.29µg (1.92%), Vitamin E: 0.23mg (1.53%), Vitamin K: 1.57µg (1.49%)