



Dasher's Dill Mini-Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



84 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 tablespoon dill seed
- ☐ 2 tablespoons parsley flakes dried
- ☐ 0.3 teaspoon onion powder
- ☐ 2 cups self-rising flour
- ☐ 8 ounce cup heavy whipping cream sour

Equipment

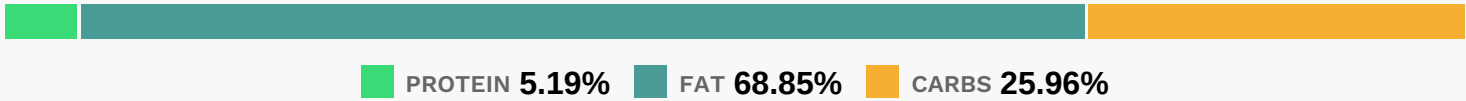
- ☐ oven

☐ hand mixer

Directions

- ☐ Beat softened butter at medium speed with an electric mixer until creamy; add sour cream, and beat at low speed until blended.
- ☐ Combine flour and next 3 ingredients. Stir flour mixture into butter mixture until blended. Spoon dough into greased miniature muffin pans, filling three-fourths full.
- ☐ Bake at 375 for 22 to 25 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:3.26, Inflammation Score:-2, Nutrition Score:1.1817391307458%

Flavonoids

Apigenin: 5mg, Apigenin: 5mg, Apigenin: 5mg, Apigenin: 5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg

Nutrients (% of daily need)

Calories: 83.68kcal (4.18%), Fat: 6.48g (9.98%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 5.26g (1.91%), Sugar: 0.25g (0.28%), Cholesterol: 17.27mg (5.76%), Sodium: 43.19mg (1.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Selenium: 3.09µg (4.42%), Vitamin A: 199.21IU (3.98%), Manganese: 0.07mg (3.51%), Vitamin K: 2.07µg (1.97%), Phosphorus: 14.07mg (1.41%), Vitamin E: 0.21mg (1.39%), Calcium: 13.02mg (1.3%), Vitamin B2: 0.02mg (1.18%)