



## Easy Broccoli, Cheese and Ham Muffins

 **Gluten Free**  **Popular**

READY IN



**35 min.**

SERVINGS



**12**

CALORIES



**77 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 oz broccoli frozen
- 0.5 cup milk
- 3 tablespoons vegetable oil
- 1 eggs
- 0.5 cup finely-chopped ham diced cooked
- 2 oz sharp cheddar cheese shredded
- 1.5 cups frangelico

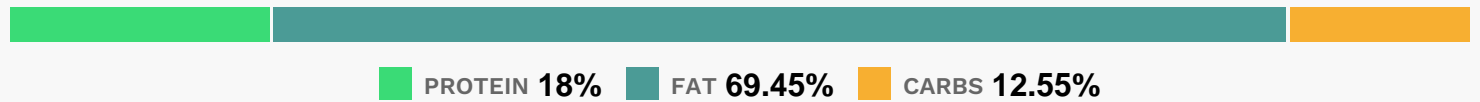
### Equipment

- bowl
- frying pan
- oven
- muffin liners

## Directions

- Heat oven to 400°F. Spray 12 regular-size muffin cups with cooking spray.
- Cook broccoli as directed on bag.
- In large bowl, stir together Bisquick mix, milk, oil and egg. Stir in broccoli, ham and cheese just until well mixed. Spoon mixture evenly into muffin cups.
- Bake 18 to 22 minutes or until golden brown. Cool 5 minutes; remove from pan.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:8.08, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:6.1134781785633%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 77.33kcal (3.87%), Fat: 6.14g (9.45%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.76g (0.64%), Sugar: 1g (1.11%), Cholesterol: 23.02mg (7.67%), Sodium: 103.71mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin K: 35.32µg (33.64%), Vitamin C: 26.38mg (31.98%), Phosphorus: 71.63mg (7.16%), Calcium: 61.57mg (6.16%), Selenium: 4.3µg (6.14%), Vitamin B2: 0.1mg (5.65%), Vitamin A: 260.23IU (5.2%), Folate: 20.72µg (5.18%), Vitamin B6: 0.08mg (3.87%), Vitamin E: 0.58mg (3.86%), Potassium: 126.76mg (3.62%), Vitamin B1: 0.05mg (3.57%), Vitamin B12: 0.2µg (3.4%), Zinc: 0.48mg (3.22%), Manganese: 0.06mg (3.18%), Vitamin B5: 0.32mg (3.17%), Fiber: 0.74g (2.95%), Magnesium: 9.88mg (2.47%), Vitamin B3: 0.36mg (1.82%), Iron: 0.32mg (1.77%), Vitamin D: 0.21µg (1.42%), Copper: 0.02mg (1.18%)