



## English Muffin Hors d'Oeuvres

 Vegetarian

READY IN



20 min.

SERVINGS



48

CALORIES



71 kcal

### Ingredients

- 12 ounce muffins split english
- 1 pinch garlic salt
- 6 spring onion chopped
- 1 pinch pepper black
- 1.3 cups mayonnaise
- 1 pinch salt
- 1.5 cups cheddar cheese shredded

### Equipment

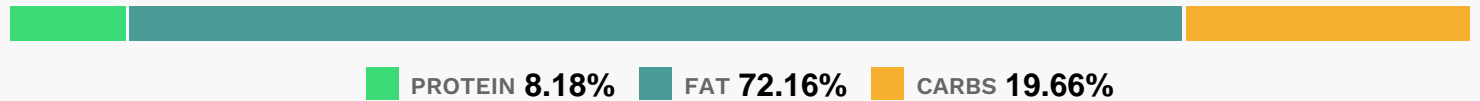
- bowl

- baking sheet
- oven
- broiler

## Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Mix the mayonnaise, Cheddar cheese, green onions, salt, garlic salt, and pepper in a bowl.
- Spread the cheese mixture over each English muffin half.
- Cut the muffins into quarters and place on a baking sheet.
- Broil in the preheated oven until cheese is bubbly, 4 to 6 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:1.5156521939713%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 71.21kcal (3.56%), Fat: 5.69g (8.76%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.08g (0.09%), Cholesterol: 5.98mg (1.99%), Sodium: 94.88mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin K: 12.7µg (12.1%), Calcium: 30.21mg (3.02%), Phosphorus: 27.38mg (2.74%), Vitamin B2: 0.03mg (1.69%), Selenium: 1.14µg (1.63%), Vitamin E: 0.23mg (1.51%), Manganese: 0.03mg (1.44%), Zinc: 0.19mg (1.29%), Folate: 4.62µg (1.15%), Vitamin A: 54.14IU (1.08%), Vitamin B1: 0.02mg (1.02%)