



## Cheesy au Gratin Potato Cupcakes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



67 kcal

### Ingredients

- 2 eggs beaten
- 0.8 cup yogurt plain yoplait® (from 2-lb container)
- 6 servings spring onion sliced
- 6.2 oz potatoes
- 0.3 cup salsa thick

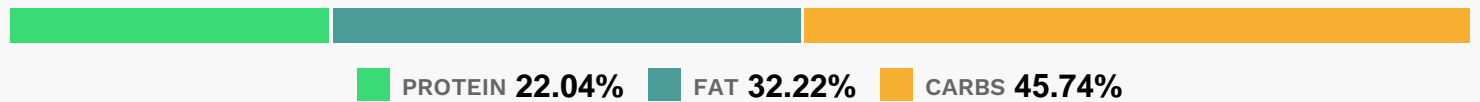
### Equipment

- oven
- muffin liners

## Directions

- Heat oven to 375F. Spray 12 regular-size muffin cups with cooking spray.
- Make potatoes as directed on box except omit butter and milk. Stir in salsa and eggs. Divide mixture evenly among muffin cups, about 1/3 cup each.
- Bake 25 to 30 minutes or until tops are golden brown. Cool 5 minutes; carefully remove from muffin cups. Top cupcakes with yogurt; sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:22.46, Glycemic Load:4.11, Inflammation Score:-2, Nutrition Score:4.9156522128893%

## Flavonoids

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 67.27kcal (3.36%), Fat: 2.45g (3.77%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 6.83g (2.48%), Sugar: 2.26g (2.51%), Cholesterol: 58.54mg (19.51%), Sodium: 108.7mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin K: 13.54µg (12.89%), Vitamin C: 7.26mg (8.8%), Phosphorus: 80.52mg (8.05%), Selenium: 5.4µg (7.71%), Vitamin B2: 0.13mg (7.54%), Vitamin B6: 0.14mg (7.19%), Potassium: 235.55mg (6.73%), Calcium: 56.14mg (5.61%), Vitamin B5: 0.46mg (4.57%), Folate: 18µg (4.5%), Vitamin A: 221.92IU (4.44%), Vitamin B12: 0.24µg (4.06%), Fiber: 1g (3.98%), Magnesium: 15mg (3.75%), Manganese: 0.07mg (3.6%), Iron: 0.63mg (3.53%), Zinc: 0.5mg (3.33%), Vitamin B1: 0.05mg (3.02%), Copper: 0.06mg (2.85%), Vitamin B3: 0.5mg (2.48%), Vitamin E: 0.34mg (2.27%), Vitamin D: 0.32µg (2.16%)