



## Ham-and-Cheddar Muffins

READY IN



45 min.

SERVINGS



100

CALORIES



24 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 cups baking mix all-purpose
- 3 tablespoons butter
- 1 cup ham cooked finely chopped
- 1 large eggs
- 0.5 cup milk
- 8 ounces cheddar cheese shredded divided
- 1 medium size onion sweet finely chopped

### Equipment

- bowl
- frying pan
- oven
- whisk

## 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 and ham. Spoon into lightly greased muffin pans, filling two-thirds full.
- Sprinkle with remaining 1 cup 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. Makes 2 1/2 dozen mini muffins.
- Reduced-fat Ham-and-Cheddar Muffins: Substitute low-fat baking mix, fat-free or low-fat shredded Cheddar cheese, and fat-free milk. Reduce butter to 1 tablespoon; proceed with recipe as directed.
- Ham-and-Swiss Muffins: Substitute shredded Swiss cheese for Cheddar; whisk in 2 tablespoons Dijon mustard with milk and egg. Proceed with recipe as directed.
- Sausage-and-Cheese Muffins: Substitute 1 cup hot or mild ground pork sausage, cooked and crumbled, for chopped ham. Proceed with recipe as directed.
- Chicken-and-Green Chile Muffins: Substitute 1 cup finely chopped cooked chicken for ham and 2 cups shredded Mexican four-cheese blend for Cheddar; add 1 (5-ounce) can chopped green chiles. Proceed with recipe as directed.

## Nutrition Facts

**PROTEIN 16.86%** **FAT 58.16%** **CARBS 24.98%**

## Properties

Glycemic Index:0.65, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.80217391252518%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 24.17kcal (1.21%), Fat: 1.56g (2.4%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.44g (0.49%), Cholesterol: 5.14mg (1.71%), Sodium: 56.25mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Phosphorus: 27.43mg (2.74%), Calcium: 21.89mg (2.19%), Selenium: 1.19µg (1.71%), Vitamin B2: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.29%)