



Ham and Cheese Muffins

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



105 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 1 cup milk
- 3 tablespoons vegetable oil
- 4 ounces cheddar cheese shredded (1 cup)
- 0.3 pound finely-chopped ham fully cooked chopped
- 3 cups frangelico

Equipment

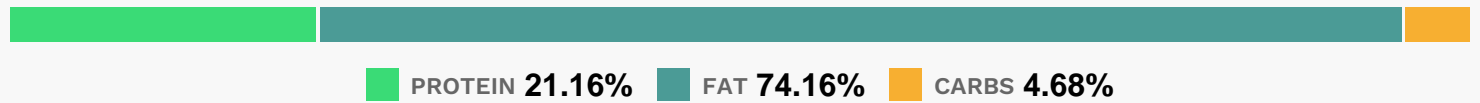
- bowl

- frying pan
- oven
- muffin liners

Directions

- Heat oven to 400°F. Spray bottoms and sides of 12 regular-size muffin cups with cooking spray. (Spray will work better than greasing or using paper muffin liners.)
- Beat eggs slightly in medium bowl with fork. Stir in Bisquick mix, milk and oil just until moistened. Stir in 3/4 cup of the cheese and the ham. Divide batter evenly among muffin cups.
- Sprinkle remaining 1/4 cup cheese evenly over tops of muffins.
- Bake 18 to 20 minutes or until light golden brown. Immediately remove from pan.
- Serve warm. Wrap and refrigerate any remaining muffins.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:3.8252173986124%

Nutrients (% of daily need)

Calories: 105.38kcal (5.27%), Fat: 8.68g (13.36%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.23g (0.45%), Sugar: 1.04g (1.15%), Cholesterol: 46.07mg (15.36%), Sodium: 189.09mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Phosphorus: 105.93mg (10.59%), Selenium: 7.18µg (10.26%), Calcium: 96.49mg (9.65%), Vitamin B2: 0.13mg (7.4%), Vitamin B12: 0.41µg (6.81%), Vitamin K: 6.56µg (6.25%), Zinc: 0.74mg (4.9%), Vitamin B1: 0.07mg (4.48%), Vitamin A: 167.23IU (3.34%), Vitamin B5: 0.31mg (3.1%), Vitamin E: 0.44mg (2.91%), Vitamin D: 0.43µg (2.85%), Vitamin B6: 0.06mg (2.78%), Vitamin C: 2.2mg (2.67%), Potassium: 74.45mg (2.13%), Magnesium: 7.86mg (1.96%), Vitamin B3: 0.37mg (1.84%), Folate: 5.71µg (1.43%), Iron: 0.22mg (1.25%)