



## Ham and Cheese Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2.5 cups biscuit and baking mix
- ☐ 0.8 cup ham diced cooked (for maximum flavor, use country ham)
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup half-and-half
- ☐ 0.8 cup sharp cheddar cheese shredded
- ☐ 3 tablespoons vegetable oil

## Equipment

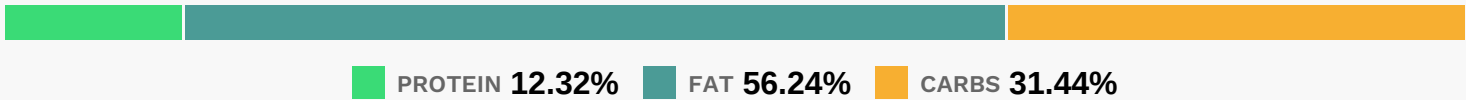
- ☐ bowl

☐ oven

## Directions

- ☐ Combine baking mix, ham, and cheese in a large bowl. Make a well in center of mixture.
- ☐ Combine half-and-half, oil, and egg; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Spoon into greased muffin pans, filling two-thirds full.
- ☐ Bake at 400 for 11 to 12 minutes or until a wooden pick inserted into center comes out clean.
- ☐ Remove from pans immediately.

## Nutrition Facts



## Properties

Glycemic Index:2.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:6.0517391640207%

## Nutrients (% of daily need)

Calories: 212.91kcal (10.65%), Fat: 13.25g (20.39%), Saturated Fat: 4.58g (28.64%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 16.15g (5.87%), Sugar: 3.58g (3.97%), Cholesterol: 33.78mg (11.26%), Sodium: 484.19mg (21.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Phosphorus: 219.94mg (21.99%), Vitamin B1: 0.2mg (13.64%), Vitamin B2: 0.21mg (12.24%), Calcium: 113.81mg (11.38%), Selenium: 7.62µg (10.89%), Folate: 35.41µg (8.85%), Vitamin K: 8.26µg (7.86%), Vitamin B3: 1.55mg (7.75%), Vitamin B12: 0.29µg (4.9%), Zinc: 0.72mg (4.83%), Iron: 0.86mg (4.78%), Manganese: 0.09mg (4.41%), Vitamin B5: 0.4mg (3.98%), Vitamin B6: 0.07mg (3.59%), Vitamin E: 0.48mg (3.18%), Magnesium: 11.83mg (2.96%), Vitamin A: 147.81IU (2.96%), Potassium: 96.93mg (2.77%), Copper: 0.05mg (2.62%), Fiber: 0.52g (2.1%), Vitamin D: 0.19µg (1.25%)