



Ham-and-Swiss Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

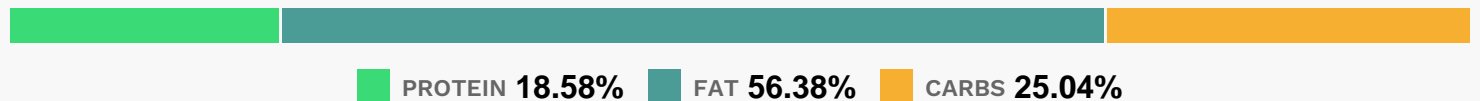
Equipment

- bowl
- frying pan
- oven

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, Dijon mustard, 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.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:7.2769565012144%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 200.08kcal (10%), Fat: 12.53g (19.28%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.85g (4.31%), Sugar: 3.67g (4.08%), Cholesterol: 41.47mg (13.82%), Sodium: 407.62mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.59%), Phosphorus: 253.2mg (25.32%), Calcium: 218.6mg (21.86%), Selenium: 11.14µg (15.91%), Vitamin B12: 0.86µg (14.29%), Vitamin B2: 0.19mg (10.99%), Vitamin B1: 0.16mg (10.8%), Zinc: 1.27mg (8.49%), Folate: 29.25µg (7.31%), Vitamin A: 323.68IU (6.47%), Vitamin B3: 1.09mg (5.46%), Vitamin B6: 0.1mg (5%), Manganese: 0.09mg (4.47%), Magnesium: 17.47mg (4.37%), Vitamin B5: 0.44mg (4.35%), Vitamin C: 3.58mg (4.34%), Iron: 0.7mg (3.91%), Potassium: 123.37mg (3.52%), Copper: 0.06mg (3.16%), Fiber: 0.67g (2.68%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.4µg (1.34%), Vitamin D: 0.2µg (1.3%)