



Mediterranean Cupcakes

 **Gluten Free**

READY IN



60 min.

SERVINGS



12

CALORIES



86 kcal

Ingredients

- 0.5 teaspoon optional: dill
- 0.7 cup milk
- 1 eggs
- 0.3 cup kalamata olives pitted chopped
- 0.3 cup feta cheese crumbled
- 0.3 cup roasted peppers red drained chopped (from a jar)
- 0.3 cup spring onion finely chopped (4 medium)
- 1 tablespoon butter melted
- 0.8 cup creamy pimiento cheese softened (from 8-oz container)

- 1 tablespoon milk
- 1 serving spring onion sliced
- 2.3 cups frangelico

Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil
- muffin liners

Directions

- Heat oven to 350°F.
- Place foil baking cup in each of 12 regular-size muffin cups.
- In large bowl, stir Bisquick mix, dill weed, 2/3 cup milk and the egg until soft dough forms. Gently fold in olives, feta cheese, roasted peppers and finely chopped green onions. Spoon batter evenly into muffin cups; brush tops with melted butter.
- Bake 16 to 18 minutes or until light golden brown. Cool in pan 5 minutes; remove from pan to cooling rack. Cool 10 minutes.
- Meanwhile, in small bowl, beat cream cheese spread and 1 tablespoon milk until smooth.
- Spread mixture on each cupcake; sprinkle with sliced green onion.

Nutrition Facts



PROTEIN 8.27% **FAT 75.72%** **CARBS 16.01%**

Properties

Glycemic Index:19.33, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:2.4269565084706%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 86.02kcal (4.3%), Fat: 6.75g (10.38%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.98g (1.08%), Sugar: 2.15g (2.39%), Cholesterol: 29.7mg (9.9%), Sodium: 317.92mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Calcium: 99.86mg (9.99%), Vitamin A: 280.92IU (5.62%), Vitamin K: 5.61µg (5.34%), Vitamin B2: 0.08mg (4.47%), Phosphorus: 38.23mg (3.82%), Vitamin C: 2.81mg (3.41%), Vitamin B12: 0.19µg (3.08%), Selenium: 2.1µg (3%), Vitamin B6: 0.04mg (2.05%), Vitamin D: 0.25µg (1.69%), Zinc: 0.25mg (1.64%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.16mg (1.57%), Folate: 5.33µg (1.33%), Vitamin B1: 0.02mg (1.28%), Potassium: 43.13mg (1.23%), Magnesium: 4.28mg (1.07%)