



## Mini Beer Pimiento Cheese Muffins

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



48

CALORIES



24 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 oz beer room temperature
- 4 oz pimientos diced drained
- 1 eggs
- 1 teaspoon onion finely grated
- 8 oz sharp cheddar cheese shredded
- 4 cups frangelico

### Equipment

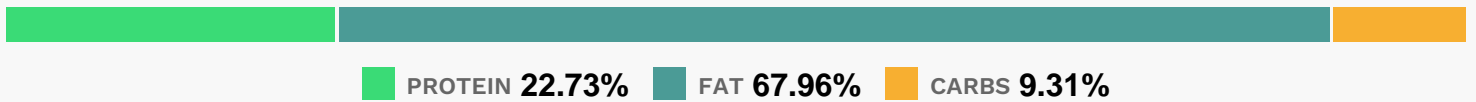
- bowl

- frying pan
- oven
- wire rack
- muffin liners

## Directions

- Heat oven to 400°F. Lightly spray 48 mini muffin cups with cooking spray.
- In large bowl, mix beer, pimientos, egg and onion. Stir in Bisquick mix just until blended. (Batter may be lumpy.) Stir in cheese. Spoon batter into muffin cups.
- Bake 13 to 15 minutes or until lightly browned.
- Remove from pan to cooling rack. Cool 10 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:2.91, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.97956522262615%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 24.31kcal (1.22%), Fat: 1.7g (2.62%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.1g (0.11%), Cholesterol: 8.13mg (2.71%), Sodium: 32.89mg (1.43%), Alcohol: 0.28g (100%), Alcohol %: 2.32% (100%), Protein: 1.28g (2.56%), Calcium: 34.38mg (3.44%), Vitamin C: 2.46mg (2.98%), Phosphorus: 24.96mg (2.5%), Selenium: 1.67µg (2.38%), Vitamin A: 115.02IU (2.3%), Vitamin B2: 0.03mg (1.68%), Zinc: 0.19mg (1.28%)