



Mini Sour Cream Muffins

READY IN



45 min.

SERVINGS



36

CALORIES



83 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup butter softened
- 8 ounce carton cream sour
- 2 cups self-rising flour

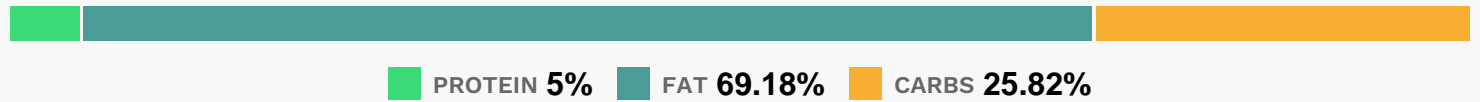
Equipment

- oven
- hand mixer

Directions

- Combine butter and sour cream; mix at low speed of an electric mixer until smooth.
- Add flour, stirring just until blended.
- Spoon batter into ungreased miniature (1 3/4") muffin pans, using 1 tablespoon batter per muffin.
- Bake at 400 for 16 to 18 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:1.86, Glycemic Load:3.26, Inflammation Score:-2, Nutrition Score:1.0247826109762%

Nutrients (% of daily need)

Calories: 82.88kcal (4.14%), Fat: 6.41g (9.87%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 5.22g (1.9%), Sugar: 0.24g (0.26%), Cholesterol: 3.72mg (1.24%), Sodium: 61.55mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin A: 264.94IU (5.3%), Selenium: 2.99µg (4.27%), Manganese: 0.06mg (2.78%), Vitamin E: 0.25mg (1.65%), Phosphorus: 12.97mg (1.3%)