



Miniature Beer-Pimiento Cheese Muffins

 Vegetarian

READY IN



38 min.

SERVINGS



100

CALORIES



32 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 cups baking mix all-purpose
- ☐ 12 oz beer at room temperature
- ☐ 1 large eggs
- ☐ 1 teaspoon onion finely grated
- ☐ 4 oz pimientos diced drained
- ☐ 8 oz sharp cheddar cheese shredded

Equipment

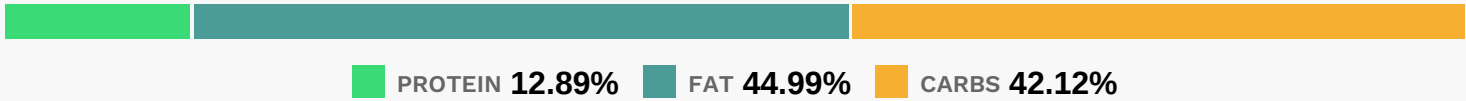
- ☐ frying pan

- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 40
- ☐ Stir together first 4 ingredients; stir in baking mix just until ingredients are blended. (Batter may be lumpy.) Stir in cheese. Spoon batter into 2 lightly greased 24-cup miniature muffin pans.
- ☐ Bake at 400 for 13 to 15 minutes or until lightly browned.
- ☐ Remove from pan to a wire rack, and let cool 10 minutes.

Nutrition Facts



Properties

Glycemic Index:1.39, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.0913043423839%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 32.3kcal (1.62%), Fat: 1.56g (2.4%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.61g (0.67%), Cholesterol: 4.22mg (1.41%), Sodium: 77.12mg (3.35%), Alcohol: 0.13g (100%), Alcohol %: 1.39% (100%), Protein: 1.01g (2.01%), Phosphorus: 40.18mg (4.02%), Calcium: 25.13mg (2.51%), Vitamin B2: 0.03mg (2.06%), Vitamin B1: 0.03mg (1.93%), Folate: 7µg (1.75%), Selenium: 1.18µg (1.68%), Vitamin C: 1.2mg (1.45%), Vitamin B3: 0.25mg (1.23%), Vitamin A: 55.72IU (1.11%)