



Parmesan Cheese Muffins

READY IN



10 min.

SERVINGS



100

CALORIES



21 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 large eggs
- ☐ 1 cup milk
- ☐ 0.8 cup parmesan cheese shredded
- ☐ 2 cups self-rising flour
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil

Equipment

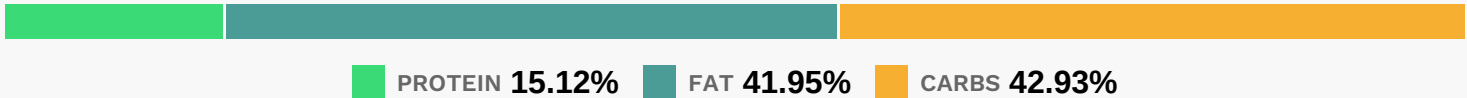
- ☐ bowl

- ☐ oven
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large bowl; make a well in center of mixture.
- ☐ Whisk together milk, oil, and eggs until well blended.
- ☐ Add to flour mixture, and stir just until dry ingredients are moistened.
- ☐ Spoon mixture into lightly greased muffin pans, filling two-thirds full.
- ☐ Bake at 400 for 15 to 18 minutes or until golden brown.
- ☐ Add 1 cup cooked and crumbled ground pork sausage to flour mixture. Proceed with recipe as directed.
- ☐ Blueberry Muffins: Omit Parmesan cheese. Increase sugar to 1/2 cup; proceed with recipe as directed, folding 1 cup fresh or frozen blueberries into prepared batter.
- ☐ Cranberry-Orange Muffins: Omit Parmesan cheese, and add 3/4 cup sweetened dried cranberries and 1 tablespoon grated orange rind to flour mixture. Increase sugar to 1/2 cup, and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:0.52869565396205%

Nutrients (% of daily need)

Calories: 20.6kcal (1.03%), Fat: 0.95g (1.47%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.37g (0.42%), Cholesterol: 4.52mg (1.51%), Sodium: 14.41mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Selenium: 1.52µg (2.17%), Calcium: 12.82mg (1.28%), Phosphorus: 12.07mg (1.21%), Manganese: 0.02mg (1.02%)