



Parmesan Muffins

READY IN



50 min.

SERVINGS



12

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.8 cup milk
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 1 cup parmesan freshly grated
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar

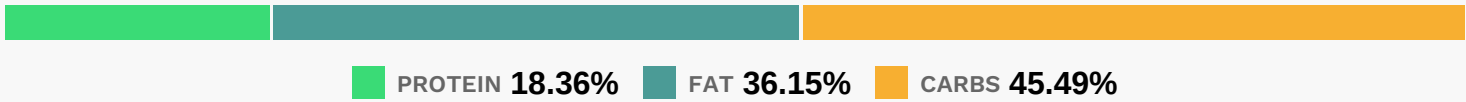
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Whisk together eggs, milk, and oil in a bowl.
- ☐ Whisk together 3/4 cup cheese and all of remaining ingredients in a large bowl, then add wet ingredients to dry ingredients.
- ☐ Whisk until combined.
- ☐ Divide among 12 greased (1/2-cup) muffin cups.
- ☐ Sprinkle with remaining 1/4 cup cheese and bake until a tester comes out clean, about 20 minutes. Cool in pan on a rack 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:30.34, Glycemic Load:10.57, Inflammation Score:-2, Nutrition Score:5.0847825631499%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 135.17kcal (6.76%), Fat: 5.4g (8.3%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.83g (5.39%), Sugar: 2.87g (3.19%), Cholesterol: 38.5mg (12.83%), Sodium: 390.37mg (16.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Calcium: 164.58mg (16.46%), Selenium: 10.07µg (14.39%), Phosphorus: 121.74mg (12.17%), Vitamin B2: 0.16mg (9.69%), Vitamin B1: 0.14mg (9.22%), Folate: 33.12µg (8.28%), Manganese: 0.13mg (6.33%), Iron: 1.04mg (5.77%), Vitamin B3: 0.97mg (4.85%), Vitamin B12: 0.26µg (4.28%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.29mg (2.94%), Vitamin A: 135.51IU (2.71%), Magnesium: 10.33mg (2.58%), Vitamin E: 0.38mg (2.55%), Vitamin D: 0.38µg (2.51%), Vitamin B6: 0.04mg (2.06%), Fiber: 0.45g (1.8%), Potassium: 61.15mg (1.75%), Copper: 0.03mg (1.68%), Vitamin K: 1.48µg (1.41%)