



 **53%**
HEALTH SCORE

Parmesan-Rosemary Mini Muffins

READY IN



20 min.

SERVINGS



1

CALORIES



2253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon cayenne pepper
- 1 large eggs lightly beaten
- 0.3 cup olive oil extra virgin
- 2 cups flour all-purpose
- 2 teaspoons rosemary fresh chopped
- 1 cup milk
- 4 ounces parmesan cheese freshly grated
- 1 teaspoon cracked pepper black

0.5 teaspoon salt

Equipment

bowl

oven

whisk

Directions

Preheat oven to 37

Line 2 (12-cup) miniature muffin pans with paper liners.

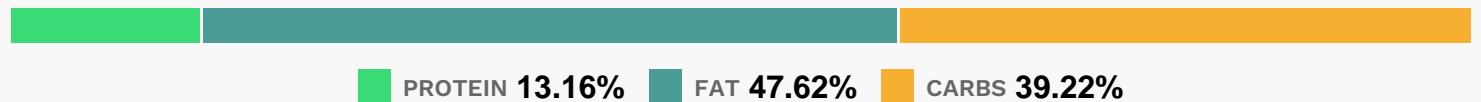
Combine first 7 ingredients in a large bowl.

Whisk together egg, milk, and oil in a small bowl; stir egg mixture into flour mixture just until blended. (Do not overmix.) Spoon batter by rounded tablespoonfuls into prepared muffin pans.

Bake 12 to 15 minutes.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:269, Glycemic Load:144.67, Inflammation Score:-10, Nutrition Score:57.842173762943%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 2252.9kcal (112.64%), Fat: 118.93g (182.97%), Saturated Fat: 34.05g (212.83%), Carbohydrates: 220.41g (73.47%), Net Carbohydrates: 212.97g (77.45%), Sugar: 12.74g (14.16%), Cholesterol: 313.94mg (104.65%), Sodium: 4165.97mg (181.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.97g (147.94%), Selenium: 144.59µg (206.55%), Calcium: 1849.81mg (184.98%), Phosphorus: 1514.42mg (151.44%), Vitamin B1: 2.15mg (143.58%), Vitamin B2: 2.2mg (129.41%), Folate: 488.89µg (122.22%), Manganese: 2.1mg (104.8%), Iron: 14.53mg (80.7%), Vitamin E:

11.91mg (79.42%), Vitamin B3: 15.21mg (76.05%), Zinc: 8.35mg (55.65%), Vitamin B12: 3.29µg (54.89%), Vitamin K: 50.58µg (48.17%), Vitamin A: 1871.01IU (37.42%), Magnesium: 136.52mg (34.13%), Vitamin B5: 3.17mg (31.7%), Fiber: 7.44g (29.74%), Vitamin D: 4.25µg (28.34%), Potassium: 951.7mg (27.19%), Copper: 0.47mg (23.73%), Vitamin B6: 0.45mg (22.72%)