



Pepper-Cheese Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 4 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

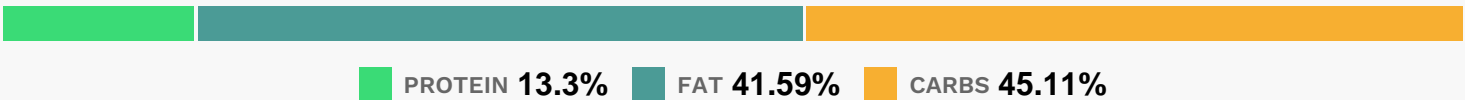
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer until creamy; add egg, beating just until mixture is blended.
- ☐ Combing flour, baking powder, salt, and cheese; add to butter mixture alternately with milk, ending with flour mixture. Spoon into greased muffin pans, filling two-thirds full.
- ☐ Bake at 375 for 25 minutes.
- ☐ Remove from pans immediately; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:13.61, Inflammation Score:-3, Nutrition Score:5.6491304367943%

Nutrients (% of daily need)

Calories: 171.65kcal (8.58%), Fat: 7.93g (12.2%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 18.78g (6.83%), Sugar: 3.09g (3.44%), Cholesterol: 26.35mg (8.78%), Sodium: 353.6mg (15.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Calcium: 180.81mg (18.08%), Selenium: 10.11µg (14.45%), Phosphorus: 123.54mg (12.35%), Vitamin B1: 0.18mg (11.9%), Vitamin B2: 0.19mg (11.12%), Folate: 41.83µg (10.46%), Manganese: 0.15mg (7.28%), Iron: 1.26mg (6.98%), Vitamin B3: 1.26mg (6.32%), Vitamin A: 297.27IU (5.95%), Vitamin B12: 0.23µg (3.83%), Zinc: 0.57mg (3.78%), Magnesium: 10.58mg (2.64%), Vitamin B5: 0.25mg (2.55%), Vitamin D: 0.36µg (2.42%), Fiber: 0.57g (2.26%), Potassium: 68.51mg (1.96%), Copper: 0.04mg (1.83%), Vitamin B6: 0.04mg (1.83%), Vitamin E: 0.24mg (1.58%)