

# Pizza Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups buttermilk
- 1 teaspoon basil leaves dried
- 1 eggs beaten
- 2.5 cups flour all-purpose
- 4 green onions chopped
- 0.5 teaspoon oregano dried

- 0.5 teaspoon salt
- 2.5 cups sharp cheddar cheese shredded divided
- 3 sun-dried tomatoes diced packed in oil, drained and
- 2 tablespoons sugar white

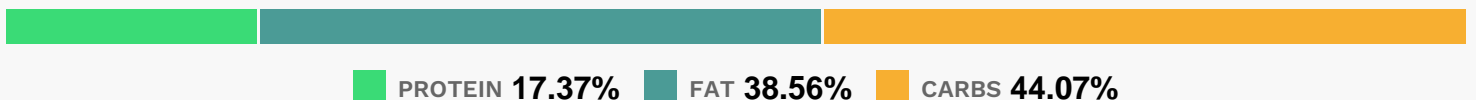
## Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners
- muffin tray

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or line with paper muffin liners.
- In a large bowl, combine flour, baking powder, baking soda, salt, basil, oregano and sugar into large bowl; stir until well blended.
- Mix in tomatoes, 1.5 cups of cheese and onions. In another bowl beat egg, whisk in buttermilk and stir until combined. Spoon batter into muffin tins until half full.
- Sprinkle remaining 1 cup cheese on top of muffins.
- Bake in preheated oven for 15 to 20 minutes, until a toothpick inserted into center of the muffin comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:30.17, Glycemic Load:16.68, Inflammation Score:-5, Nutrition Score:9.0165217700212%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## **Nutrients (% of daily need)**

Calories: 225.72kcal (11.29%), Fat: 9.64g (14.83%), Saturated Fat: 5.25g (32.82%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 23.85g (8.67%), Sugar: 3.91g (4.34%), Cholesterol: 40.48mg (13.49%), Sodium: 405.63mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Selenium: 17.8µg (25.43%), Calcium: 252.78mg (25.28%), Phosphorus: 186.92mg (18.69%), Vitamin B2: 0.31mg (18.13%), Vitamin B1: 0.23mg (15.46%), Folate: 59.18µg (14.79%), Vitamin K: 11.19µg (10.65%), Manganese: 0.21mg (10.53%), Iron: 1.6mg (8.91%), Zinc: 1.24mg (8.28%), Vitamin B3: 1.65mg (8.27%), Vitamin A: 351.48IU (7.03%), Vitamin B12: 0.42µg (7%), Magnesium: 18.3mg (4.57%), Vitamin D: 0.6µg (4.03%), Vitamin B5: 0.4mg (3.96%), Fiber: 0.94g (3.75%), Potassium: 123.18mg (3.52%), Copper: 0.07mg (3.42%), Vitamin B6: 0.05mg (2.54%), Vitamin E: 0.3mg (1.99%), Vitamin C: 0.95mg (1.15%)