



Reduced-fat Ham-and-Cheddar Muffins

READY IN



45 min.

SERVINGS



100

CALORIES



64 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups baking mix low-fat
- ☐ 1 tablespoon butter
- ☐ 1 cup ham cooked finely chopped
- ☐ 1 large eggs
- ☐ 0.5 cup milk fat-free
- ☐ 100 servings poppy seeds (Optional)
- ☐ 8 ounces cheddar cheese fat-free shredded low-fat
- ☐ 1 medium size onion sweet finely chopped

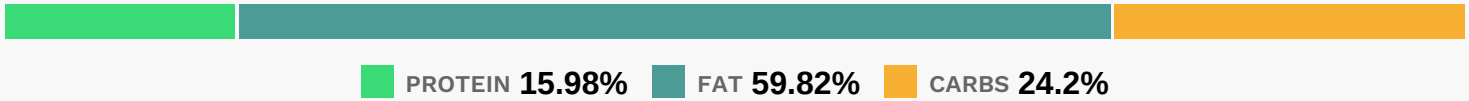
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt butter in a skillet over medium-high heat; add onion, and saut 3 to 5 minutes or until tender.
- ☐ Combine baking mix and half of cheese in a large bowl; make a well in center of mixture.
- ☐ Stir together milk and egg, blending well; add to cheese mixture, stirring until moistened. Stir in onion and ham. Spoon into lightly greased muffin pans, filling two-thirds full.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Sprinkle with poppy seeds, if desired.
- ☐ Bake at 425 for 18 minutes or until golden.
- ☐ Let stand 2 to 3 minutes before removing from pans.
- ☐ Note: Substitute mini muffin pans for regular pans, if desired.
- ☐ Bake at 425 for 14 minutes or until golden. Makes 2 1/2 dozen mini muffins.

Nutrition Facts



Properties

Glycemic Index:0.38, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.8843478327212%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 63.76kcal (3.19%), Fat: 4.43g (6.81%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 2.21g (0.8%), Sugar: 0.72g (0.8%), Cholesterol: 3.23mg (1.08%), Sodium: 55.04mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Manganese: 0.61mg (30.66%), Calcium: 144.72mg (14.47%), Phosphorus: 106.33mg (10.63%), Magnesium: 32.79mg (8.2%), Copper: 0.15mg (7.66%), Fiber: 1.82g (7.29%), Vitamin B1: 0.1mg (6.38%), Iron: 0.96mg (5.36%), Zinc: 0.8mg (5.36%), Selenium: 2.1µg (3%), Folate: 10.94µg (2.73%), Potassium: 79.05mg (2.26%), Vitamin B2: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.67%), Vitamin E: 0.17mg (1.16%), Vitamin B3: 0.21mg (1.05%)