



Savory Sausage, Cheese and Oat Muffins

READY IN



25 min.

SERVINGS



12

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup egg substitute
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup butter melted reduced-calorie
- ☐ 3 meatless breakfast patties crumbled cooked
- ☐ 1 cup nonfat buttermilk
- ☐ 0.8 cup old-fashioned oats

- ☐ 1 teaspoon onion powder
- ☐ 2 teaspoons parmesan cheese grated
- ☐ 0.5 teaspoon salt

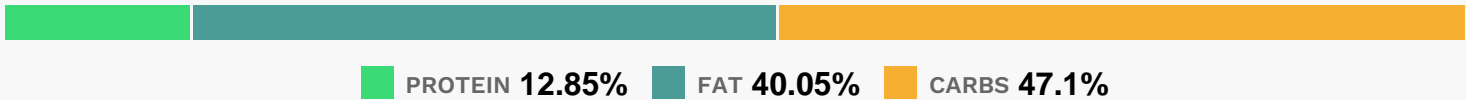
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Grease a 12 cup muffin tin, or line with paper liners.
- ☐ In a large bowl, stir together the flour, oats, baking powder, baking soda, salt, garlic powder, and onion powder. In a separate bowl, mix together the melted margarine, egg substitute, and buttermilk.
- ☐ Add the wet ingredients to the dry, and mix until just blended. Fold in the crumbled patties and Parmesan cheese. Spoon into the prepared muffin cups.
- ☐ Bake for 8 to 12 minutes in the preheated oven, or until the top springs back when lightly touched. Cool in muffin tins on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:8.53, Inflammation Score:-3, Nutrition Score:7.2773912244517%

Nutrients (% of daily need)

Calories: 129.96kcal (6.5%), Fat: 5.79g (8.9%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 14.39g (5.23%), Sugar: 1.29g (1.44%), Cholesterol: 1.11mg (0.37%), Sodium: 373.18mg (16.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin B1: 0.93mg (61.98%), Selenium: 10.38µg

(14.83%), Manganese: 0.28mg (13.95%), Vitamin B2: 0.16mg (9.17%), Folate: 27.39µg (6.85%), Phosphorus: 64.88mg (6.49%), Iron: 1.17mg (6.49%), Vitamin B6: 0.13mg (6.47%), Calcium: 63.68mg (6.37%), Vitamin A: 255.16IU (5.1%), Vitamin B12: 0.28µg (4.69%), Vitamin B3: 0.84mg (4.22%), Fiber: 0.92g (3.68%), Magnesium: 12.4mg (3.1%), Vitamin B5: 0.29mg (2.91%), Zinc: 0.42mg (2.82%), Vitamin E: 0.39mg (2.6%), Copper: 0.04mg (2.18%), Potassium: 63.3mg (1.81%), Vitamin D: 0.16µg (1.09%)