



Scallion Goat Cheese Muffins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups almond flour
- ☐ 3 large eggs
- ☐ 10 tablespoons goat cheese
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup spring onion white green thinly sliced
- ☐ 1 teaspoon sea salt

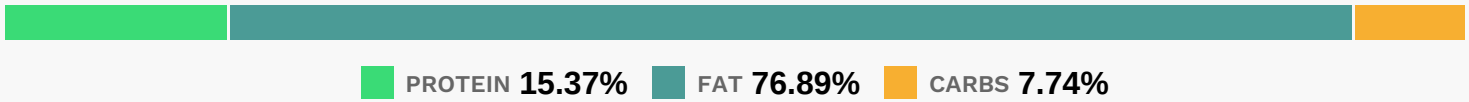
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350°F. Line 10 muffin cups with paper liners.
- ☐ In a large bowl, combine the almond flour, salt, baking soda, and black pepper. In a medium bowl, whisk together the olive oil and eggs. Blend the wet ingredients into the almond flour mixture with a handheld mixer until thoroughly combined, then stir in the scallions.
- ☐ Scoop 3 tablespoons of batter into each prepared muffin cup, then press 1 tablespoon of goat cheese into each muffin.
- ☐ Bake for 20 to 25 minutes, until a toothpick inserted 1/2 inch from the edge of the muffin (to avoid the goat cheese center) comes out with just a few moist crumbs attached.
- ☐ Let the muffins cool in the pan for 20 minutes, then serve.
- ☐ Reprinted with permission from *Gluten-Free Cupcakes: 50 Irresistible Recipes Made with Almond and Coconut Flour*. Copyright © 2011 by Elana Amsterdam, Celestial Arts, an imprint of Ten Speed Press, a division of the Crown Publishing Group, Berkeley, CA. Photo Credit: Annabelle Breakey. ELANA AMSTERDAM is the popular food blogger of Elana's Pantry, where she has written about gluten-free cooking since 2006, and is also the author of *The Gluten-Free Almond Flour Cookbook*. When she and her son were both diagnosed with celiac disease, she was inspired to develop gluten-free recipes that everyone can enjoy. Her writing has appeared in publications including the Denver Post, Shape Magazine, the Boulder Daily Camera, Delicious Living, Delight Magazine, and Elephant. Elana lives with her family in Boulder, Colorado, and is available for interviews. Visit www.elanaspantry.com.
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Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:4.2821739134581%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 202.92kcal (10.15%), Fat: 18.11g (27.86%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.89g (0.98%), Cholesterol: 62.24mg (20.75%), Sodium: 361.02mg (15.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.29%), Vitamin K: 14.06µg (13.39%), Fiber: 1.94g (7.74%), Vitamin B2: 0.13mg (7.41%), Selenium: 5.03µg (7.19%), Iron: 1.28mg (7.11%), Calcium: 67.52mg (6.75%), Phosphorus: 67.55mg (6.75%), Vitamin E: 0.99mg (6.59%), Copper: 0.12mg (5.95%), Vitamin A: 276.02IU (5.52%), Vitamin B5: 0.33mg (3.3%), Vitamin B6: 0.06mg (3.19%), Folate: 11.95µg (2.99%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.36µg (2.37%), Zinc: 0.34mg (2.29%), Manganese: 0.04mg (1.98%), Magnesium: 5.22mg (1.3%), Vitamin B1: 0.02mg (1.24%), Vitamin C: 0.94mg (1.14%), Potassium: 39.57mg (1.13%)