



WHATSheATE



Sesame-Cheddar Mini Muffins



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



18

CALORIES



52 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup onion sweet finely chopped
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1 eggs
- ☐ 0.5 cup milk
- ☐ 1 teaspoon sesame seed toasted
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups frangelico

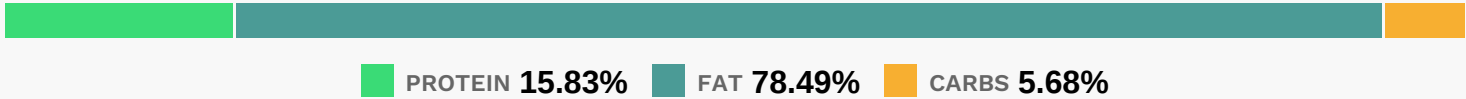
Equipment

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

Directions

- ☐ Heat oven to 400°F. Spray 18 miniature muffin cups with cooking spray. In 7-inch skillet, melt 1 tablespoon butter over medium-high heat. Cook onion in butter 2 minutes, stirring frequently, until tender.
- ☐ Remove from heat; set aside.
- ☐ In large bowl, stir Bisquick mix and 1/2 cup of the cheese. In small bowl, stir egg, milk and onion with fork or whisk until well blended. Make well in center of Bisquick mixture; stir in egg mixture just until dry ingredients are moistened.
- ☐ Divide batter among muffin cups, filling each two-thirds full.
- ☐ Sprinkle evenly with remaining 1/2 cup cheese and the sesame seed; drizzle with 2 tablespoons butter.
- ☐ Bake 12 to 14 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.11, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.4178261160851%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 51.58kcal (2.58%), Fat: 4.54g (6.99%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.51g (0.56%), Cholesterol: 21.22mg (7.07%), Sodium: 62.5mg (2.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Calcium: 56.48mg (5.65%), Phosphorus: 42.6mg (4.26%), Selenium: 2.74µg (3.91%), Vitamin B2: 0.05mg (2.94%), Vitamin A: 145.65IU (2.91%), Vitamin B12: 0.13µg (2.15%), Zinc: 0.31mg (2.03%), Vitamin D: 0.16µg (1.07%)