



Sesame-Cheese Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups baking mix all-purpose
- 1 tablespoon butter
- 2 tablespoons butter melted
- 1 large eggs
- 0.5 cup milk
- 1 teaspoon sesame seed toasted
- 4 ounces sharp cheddar cheese shredded divided
- 1 small onion sweet finely chopped

Equipment

- bowl
- frying pan
- oven

Directions

- Melt 1 tablespoon butter in a small skillet over medium-high heat.
- Add onion, and saute 2 minutes or until tender; set aside.
- Combine baking mix and half of cheese in a large bowl; make a well in center of mixture.
- Stir together onion, egg, and milk, blending well; add to cheese mixture, stirring just until dry ingredients are moistened. Spoon into lightly greased muffin pans, filling two-thirds full.
- Sprinkle evenly with remaining cheese and sesame seeds; drizzle with butter.
- Bake at 400 for 15 to 20 minutes or until golden.
- NOTE: Substitute mini muffin pans for regular pans, if desired.
- Bake at 400 for 12 to 14 minutes or until golden. Makes 1 1/2 dozen mini muffins
- *1 cup (4 ounces) shredded Monterey Jack cheese with peppers may be substituted for Cheddar cheese.

Nutrition Facts

 PROTEIN **12.09%**  FAT **55.03%**  CARBS **32.88%**

Properties

Glycemic Index:25, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:6.8665217005688%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 224.54kcal (11.23%), Fat: 13.78g (21.2%), Saturated Fat: 6.81g (42.56%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 17.66g (6.42%), Sugar: 5.51g (6.12%), Cholesterol: 50.99mg (17%), Sodium: 431.57mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Phosphorus: 238.33mg (23.83%), Calcium: 174.72mg (17.47%), Vitamin B2: 0.22mg (13.01%), Selenium: 8.25µg (11.79%), Folate: 43.96µg (10.99%), Vitamin B1: 0.16mg (10.92%), Vitamin A: 333.02IU (6.66%), Vitamin B12: 0.38µg (6.42%), Manganese: 0.12mg (5.89%), Zinc: 0.88mg (5.84%), Vitamin B3: 1.12mg (5.59%), Vitamin B6: 0.1mg (5.14%), Iron: 0.9mg (5%), Vitamin B5: 0.46mg (4.57%), Magnesium: 16.74mg (4.18%), Copper: 0.08mg (3.87%), Potassium: 130.76mg (3.74%), Fiber: 0.87g (3.5%), Vitamin D: 0.38µg (2.52%), Vitamin C: 2.05mg (2.49%), Vitamin E: 0.34mg (2.26%), Vitamin K: 2.36µg (2.25%)