



Smoked Salmon and Dill Muffins

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 cup onion finely chopped
- ☐ 4.5 oz salmon smoked flaked finely chopped
- ☐ 5 oz pizza cheese shredded italian
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.8 teaspoon lemon zest grated
- ☐ 0.5 cup milk
- ☐ 2 tablespoons vegetable oil

- ☐ 1 eggs
- ☐ 1.5 cups frangelico

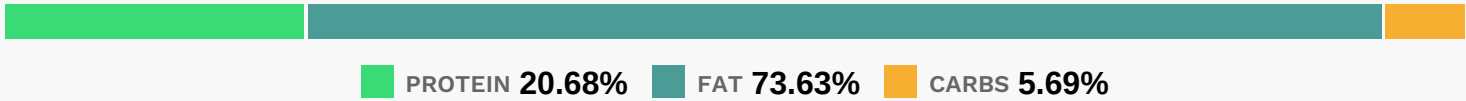
Equipment

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

Directions

- ☐ Heat oven to 425°F. Spray 12 regular-size muffin cups with cooking spray.
- ☐ In 8-inch skillet, melt butter over medium-high heat. Cook onion in butter 3 to 5 minutes, stirring frequently, until tender. Stir in salmon.
- ☐ In large bowl, stir Bisquick mix, 3/4 cup of the cheese, the dill and lemon peel. In small bowl, stir milk, oil and egg with fork or whisk until blended. Make well in center of Bisquick mixture; stir in egg mixture just until dry ingredients are moistened. Stir in onion and salmon. Divide batter evenly among muffin cups, filling each two-thirds full.
- ☐ Sprinkle evenly with remaining 1/2 cup cheese.
- ☐ Bake 18 to 20 minutes or until golden. Cool 2 to 3 minutes; remove from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:2.8560869667841%

Flavonoids

Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 109.66kcal (5.48%), Fat: 9.18g (14.12%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.79g (0.88%), Cholesterol: 19.67mg (6.56%), Sodium: 148.18mg (6.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin D: 2µg (13.35%), Vitamin B12: 0.44µg (7.29%), Selenium: 4.8µg (6.85%), Calcium: 42.24mg (4.22%), Vitamin K: 4.25µg (4.04%), Phosphorus: 37.76mg (3.78%), Vitamin A: 176.06IU (3.52%), Vitamin E: 0.48mg (3.22%), Vitamin B2: 0.04mg (2.64%), Vitamin B3: 0.53mg (2.63%), Vitamin B6: 0.05mg (2.53%), Vitamin B5: 0.2mg (1.98%), Copper: 0.03mg (1.5%), Potassium: 50.81mg (1.45%), Magnesium: 4.4mg (1.1%)