



Sweet Potato, Kale and Feta Muffins

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 medium sweet potatoes and into peeled cut into 1/2-inch cubes (2 1/2 cups)
- ☐ 1 tablespoon olive oil
- ☐ 2 eggs
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup milk
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 teaspoons double-acting baking powder

- ☐ 0.1 teaspoon sea salt fine
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 cups baby spinach coarsely chopped
- ☐ 0.8 cup feta cheese crumbled
- ☐ 2 oz gruyere cheese shredded

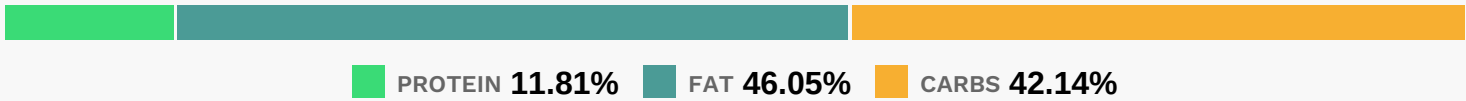
Equipment

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

Directions

- ☐ Heat oven to 400°F. Toss sweet potatoes with oil.
- ☐ Place in single layer on 15x10x1-inch pan.
- ☐ Bake 20 to 25 minutes or until tender, stirring after 10 minutes. Cool completely, about 20 minutes.
- ☐ Spray 12 regular-size muffin cups with cooking spray. In large bowl, beat eggs, melted butter and milk with whisk until well blended.
- ☐ Add flour, brown sugar, baking powder, sea salt and pepper; stir with spoon just until dry ingredients are moistened. Stir in sweet potatoes, kale and cheeses. Divide batter evenly among muffin cups, filling each about three-fourths full.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:12.84, Inflammation Score:-10, Nutrition Score:12.468260879102%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 214.6kcal (10.73%), Fat: 11.03g (16.97%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 21.07g (7.66%), Sugar: 4.11g (4.57%), Cholesterol: 55.6mg (18.53%), Sodium: 314.9mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin A: 5993.52IU (119.87%), Vitamin K: 20.36µg (19.39%), Calcium: 170.37mg (17.04%), Vitamin B2: 0.25mg (14.66%), Selenium: 10.19µg (14.55%), Phosphorus: 137.62mg (13.76%), Manganese: 0.25mg (12.37%), Vitamin B1: 0.18mg (12.08%), Folate: 47.14µg (11.79%), Vitamin B6: 0.16mg (7.81%), Iron: 1.35mg (7.51%), Fiber: 1.64g (6.56%), Vitamin B5: 0.65mg (6.5%), Vitamin B3: 1.28mg (6.39%), Vitamin B12: 0.36µg (6.08%), Potassium: 204.19mg (5.83%), Zinc: 0.84mg (5.6%), Magnesium: 21.92mg (5.48%), Copper: 0.1mg (4.77%), Vitamin E: 0.61mg (4.07%), Vitamin C: 1.96mg (2.37%), Vitamin D: 0.32µg (2.16%)