



Tuna Salad Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 9 ounce tuna packed in water, drained canned
- 1 eggs
- 1.5 cups flour all-purpose
- 1 tablespoon garlic chopped
- 0.3 cup olives green chopped
- 0.5 cup green onion chopped
- 0.5 cup nonfat yogurt plain
- 0.5 teaspoon salt

- 0.8 cup skim milk
- 1 tablespoon sugar
- 0.3 cup vegetable oil

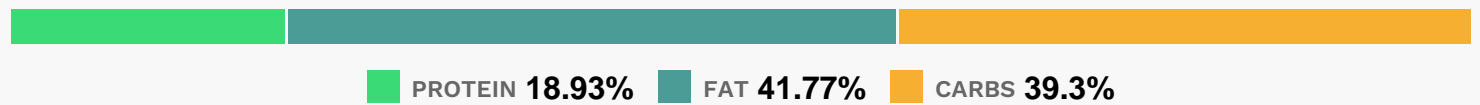
Equipment

- bowl
- oven
- whisk
- muffin tray

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease muffin tins.
- In a medium bowl, stir together flour, sugar, baking powder, and salt. Set aside.
- Into a separate bowl, flake tuna; then stir in yogurt, green onion, olives, and garlic. Set aside.
- In a small bowl, whisk together egg, milk, and oil.
- Stir tuna mixture into flour mixture. Gently stir milk mixture into flour mixture. Spoon tuna salad into the wells of muffin tins.
- Bake in a preheated oven for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:9.87, Inflammation Score:-3, Nutrition Score:7.5921738873357%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 156.32kcal (7.82%), Fat: 7.23g (11.13%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 14.68g (5.34%), Sugar: 2.73g (3.03%), Cholesterol: 21.96mg (7.32%), Sodium: 278.45mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.75%), Selenium: 21.66µg (30.95%), Vitamin K: 19.93µg (18.98%), Vitamin B3: 3.1mg (15.49%), Vitamin B12: 0.73µg (12.17%), Phosphorus: 102.96mg (10.3%), Vitamin B1: 0.15mg (9.88%), Vitamin B2: 0.16mg (9.4%), Calcium: 93.66mg (9.37%), Folate: 35.47µg (8.87%), Iron: 1.32mg (7.31%), Manganese: 0.13mg (6.54%), Vitamin B6: 0.11mg (5.36%), Vitamin E: 0.74mg (4.96%), Potassium: 126.33mg (3.61%), Magnesium: 14.04mg (3.51%), Vitamin D: 0.5µg (3.31%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.28mg (2.84%), Fiber: 0.64g (2.55%), Vitamin A: 116.53IU (2.33%), Copper: 0.05mg (2.31%), Vitamin C: 1.08mg (1.31%)