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Chicken Muffins ♦♦

Chicken Muffins are a delicious and savory treat that combines the flavors of chicken and muffins. They are perfect for breakfast, brunch, or as a snack. The muffins are made with tender chicken, flavorful herbs, and a hint of cheese. They are easy to make and can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

400 g	chicken breast
200 g	flour
2 tsp	baking powder
1 tsp	salt
1 tsp	black pepper

250 ml milk

2 units egg

100 g cheddar cheese

50 g Green onion

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cooking

Cook the chicken breast and shred it into small pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the flour, baking powder, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a separate bowl, whisk together the milk and eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

Add the milk and egg mixture to the dry ingredients and mix well.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Mixing

Fold in the shredded chicken, cheddar cheese, and green onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Preparation

Spoon the batter into greased muffin cups, filling each cup about 2/3 full.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake for 20-25 minutes, or until the muffins are golden brown and cooked through.

Prep Time: 0 mins

Cook Time: 25 mins

Step 9

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Breakfast Lunch Snack

Difficulty Level

Easy

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