

Kangkong Cheddar Muffins

Makes
12 biscuits

Prep time
10 minutes

Bake time
20 minutes

Good source of

Ingredients:

- 1½ cups whole wheat flour
- 1 Tbsp. baking powder
- 2 Tbsp. butter
- 1 cup shredded cheddar cheese, divided
- 1 cup kangkong leaves, chopped finely (can be substituted with bokchoy or spinach)
- 1 cup non-fat (skim) milk
- 1 egg
- 1 green onion, chopped
- ½ tsp. of salt
- ½ tsp. garlic powder

Nutrition Facts

12 servings per container
Serving size 1 muffin (57g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 157mg	10%
Iron 1mg	6%
Potassium 245mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Preheat oven to 375 F and lightly grease a muffin pan with oil.
2. In a large bowl, combine flour and baking powder.
3. Add butter and mix until crumbly and well incorporated.
4. In a separate bowl, combine ¾ cup cheddar cheese, chopped kangkong, milk, egg, green onion, salt, and garlic powder.
5. Pour liquid mixture into dry mixture and mix until well combined.
6. Drop spoonfuls of batter into the prepared muffin pan, filling each about ¾ of the way.
7. Brush the tops of each with some non-fat milk, and top each muffin with a sprinkle of the remaining ¼ cup of cheddar cheese.
8. Bake 20-25 minutes or until tops are a light golden brown and a toothpick inserted comes out clean.
9. Serve hot. Refrigerate leftovers.

