

Cheesy Muffins with Almond Flour

*Cheesy Muffins with Almond Flour are delicious muffins that just happens to be **gluten-free** and **low-carb**. Quick and easy to make and great with chili or for breakfast.*

Prep Time 15 mins

Cook Time 12 mins

Course: bread

Cuisine: American

Keyword: keto, low-carb

Servings: 15

Calories: 264kcal

Ingredients

- 3 cups almond flour
- ½ teaspoon salt
- 2 tablespoon baking powder
- 4 eggs
- ⅔ cup sour cream
- 8 tablespoons butter melted
- 1 ½ cup cheddar cheese shredded

Instructions

1. Preheat oven to 400° and spray muffin tin with cooking spray.
2. In a medium bowl, whisk together almond flour, salt and baking powder.
3. In a separate bowl, whisk together eggs, sour cream and butter until very well combined. Add to dry mixture and stir until just combined. Stir in cheese.
4. Spoon into muffin tins and bake for 12 minutes

Notes

These freeze well, just warm up in the toaster oven.

Nutrition

Calories: 264kcal | Carbohydrates: 6g | Protein: 9g | Fat: 24g | Saturated Fat: 9g | Cholesterol: 77mg | Sodium: 227mg | Potassium: 203mg | Fiber: 2g | Sugar: 1g | Vitamin A: 427IU | Vitamin C: 1mg | Calcium: 217mg | Iron: 1mg