



Bacon-and-Cheddar Corn Muffins

 Very Healthy

READY IN



52 min.

SERVINGS



1

CALORIES



2939 kcal

Ingredients

- ☐ 6 slices bacon
- ☐ 4 tablespoons butter melted
- ☐ 1.5 cups buttermilk
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 1 large eggs
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1 tablespoon sugar

Equipment

- ☐ bowl

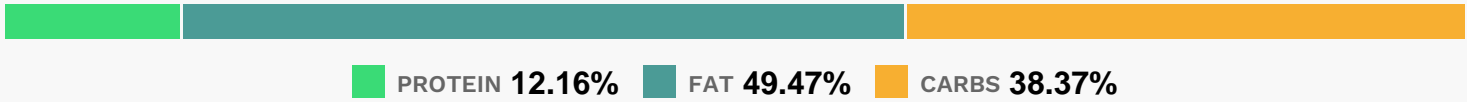
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 425
- ☐ Cook bacon in a large skillet over medium-high heat 12 to 14 minutes or until crisp; remove bacon, and drain on paper towels. Crumble bacon.
- ☐ Heat a 12-cup muffin pan in oven 5 minutes.
- ☐ Combine cornmeal mix and sugar in a medium bowl; make a well in center of mixture.
- ☐ Stir together buttermilk and egg; add to cornmeal mixture, stirring just until dry ingredients are moistened. Stir in melted butter, cheese, and bacon.
- ☐ Remove pan from oven, and coat with cooking spray. Spoon batter into hot muffin pan, filling almost completely full.
- ☐ Bake at 425 for 15 to 20 minutes or until golden.
- ☐ Remove from pan to a wire rack, and let cool 10 minutes.
- ☐ Note: We tested with White Lily White Cornmeal
- ☐ Mix.
- ☐ TRY THESE TWISTS!
- ☐ Scrambled Egg Muffin Sliders: Prepare recipe as directed.
- ☐ Whisk together 8 large eggs, 1 Tbsp. water, and 1/2 tsp. Creole seasoning in a medium bowl. Melt 1 Tbsp. butter in a large nonstick skillet.
- ☐ Add egg mixture, and cook, without stirring, 2 to 3 minutes or until eggs begin to set on bottom. Gently draw cooked edges away from sides of pan to form large pieces. Cook, stirring occasionally, 4 to 5 minutes or until eggs are thickened and moist. (Do not overstir.)
- ☐ Cut muffins in half, and spoon eggs over bottom halves. Cover with top halves of muffins.

- ☐
- Ham-and-Swiss Corn Muffins: Substitute Swiss cheese for Cheddar cheese and 1 cup diced cooked ham for bacon. Reduce butter in batter to 3 Tbsp. Brown ham in remaining 1 Tbsp. melted butter in a nonstick skillet over medium-high heat 5 to 6 minutes. Proceed as directed, whisking in 2 Tbsp. Dijon mustard with buttermilk and egg.
- ☐
- Southwestern Chile-Cheese Corn Muffins: Omit bacon. Substitute pepper Jack cheese for Cheddar cheese. Proceed as directed, stirring in 1 (5-oz.) can chopped green chiles, drained, with cheese and butter.

Nutrition Facts



Properties

Glycemic Index:178.09, Glycemic Load:14.59, Inflammation Score:-10, Nutrition Score:68.97130435446%

Nutrients (% of daily need)

Calories: 2938.72kcal (146.94%), Fat: 162.76g (250.4%), Saturated Fat: 77.87g (486.7%), Carbohydrates: 284.03g (94.68%), Net Carbohydrates: 262.61g (95.5%), Sugar: 30.14g (33.49%), Cholesterol: 546.52mg (182.17%), Sodium: 6909.26mg (300.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.01g (180.01%), Phosphorus: 3341.28mg (334.13%), Folate: 964.59µg (241.15%), Calcium: 2280.48mg (228.05%), Vitamin B1: 3.01mg (200.89%), Vitamin B2: 2.95mg (173.43%), Selenium: 87.93µg (125.61%), Vitamin B3: 23.44mg (117.2%), Iron: 18.55mg (103.07%), Vitamin B6: 1.95mg (97.73%), Manganese: 1.81mg (90.46%), Vitamin A: 4424.33IU (88.49%), Fiber: 21.42g (85.68%), Zinc: 12.51mg (83.4%), Magnesium: 273.18mg (68.29%), Vitamin B12: 4.06µg (67.64%), Vitamin B5: 4.7mg (46.99%), Potassium: 1621.16mg (46.32%), Vitamin D: 6.89µg (45.92%), Copper: 0.69mg (34.62%), Vitamin E: 3.49mg (23.3%), Vitamin K: 7.87µg (7.5%)