



Bacon and Scallion Corn Muffins

READY IN



50 min.

SERVINGS



12

CALORIES



349 kcal

BREAD

Ingredients

- 8 ounces applewood-smoked bacon cut into 1/3-inch pieces (8 slices)
- 1 tablespoon double-acting baking powder
- 0.3 teaspoon pepper black freshly ground
- 1.3 cups buttermilk at room temperature
- 2 large eggs at room temperature
- 6 ounces flour all-purpose
- 1 teaspoon hot sauce
- 0.8 teaspoon salt fine
- 5 large scallions chopped (green onions)

- 0.3 cup sugar
- 1.5 sticks butter unsalted chilled cut into 1/2-inch cubes
- 7 ounces cornmeal yellow

Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- whisk
- spatula
- muffin tray

Directions

- Position an oven rack in the center of the oven and preheat to 400 degrees F. Line a standard 12-cup muffin pan with paper liners.
- In a large nonstick skillet, cook the bacon, over medium heat until crisp and brown.
- Transfer the bacon to paper towels; drain and cool.
- In a large bowl, whisk together the buttermilk, hot sauce and eggs.
- Combine the cornmeal, flour, sugar, baking powder, salt and pepper in a food processor. Drop in the cold butter cubes. Using on/off turns, blend until the butter is cut in finely and the mixture resembles a coarse meal.
- Pour the dry ingredients over the buttermilk mixture. Scatter the bacon and green onions over the batter. Using a thin, flexible spatula, fold the batter together, scraping up the liquids from the bottom each time and turning the bowl as you fold. Do not over-fold; some dry patches are fine. Using a rounded 1/3 cup of batter for each muffin, fill the paper liners.
- Bake until puffed and browning at edges, and a tester inserted into the center comes out clean, 18 to 20 minutes.
- Let the muffins stand 5 to 10 minutes. Twist each muffin in place to loosen the edges from the pan. Lift the muffins out onto a rack and cool.

Nutrition Facts

PROTEIN 8.77% FAT 55.82% CARBS 35.41%

Properties

Glycemic Index:33.38, Glycemic Load:19.72, Inflammation Score:-5, Nutrition Score:9.2595651979032%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 349.03kcal (17.45%), Fat: 21.78g (33.51%), Saturated Fat: 10.73g (67.09%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 28.87g (10.5%), Sugar: 7.43g (8.25%), Cholesterol: 76.78mg (25.59%), Sodium: 429.33mg (18.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin K: 22.81µg (21.72%), Selenium: 13.38µg (19.12%), Vitamin B1: 0.24mg (15.7%), Phosphorus: 148.16mg (14.82%), Vitamin B2: 0.2mg (11.72%), Manganese: 0.23mg (11.58%), Vitamin A: 553.6IU (11.07%), Folate: 43.93µg (10.98%), Calcium: 109.4mg (10.94%), Vitamin B3: 2.1mg (10.49%), Vitamin B6: 0.19mg (9.26%), Iron: 1.66mg (9.22%), Fiber: 2.22g (8.89%), Magnesium: 29.48mg (7.37%), Zinc: 1.1mg (7.33%), Vitamin D: 0.8µg (5.34%), Potassium: 186.85mg (5.34%), Vitamin B12: 0.32µg (5.26%), Vitamin B5: 0.52mg (5.19%), Copper: 0.09mg (4.66%), Vitamin E: 0.64mg (4.29%), Vitamin C: 2.21mg (2.68%)