



Bacon-Cheddar Corn Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



192 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 jalapeno minced seeded
- ☐ 1.3 cups buttermilk low-fat
- ☐ 0.3 teaspoon salt

- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 2 tablespoons sugar
- ☐ 4 center-cut bacon crumbled cooked drained
- ☐ 0.8 cup cornmeal yellow

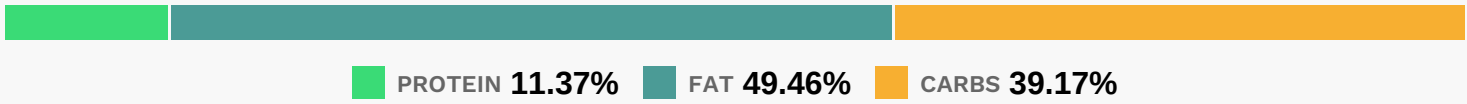
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 7 ingredients (through salt) in a large bowl, stirring with a whisk. Stir in bacon and jalapeo; make a well in center of mixture.
- ☐ Combine buttermilk, oil, and egg in a bowl, stirring well with a whisk.
- ☐ Add buttermilk mixture to flour mixture, stirring just until moist.
- ☐ Place 12 muffin-cup liners in muffin cups; coat with cooking spray. Divide batter among muffin cups.
- ☐ Bake at 375 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:11.6, Inflammation Score:-2, Nutrition Score:5.3552173816639%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 191.83kcal (9.59%), Fat: 10.57g (16.27%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.58g (6.39%), Sugar: 3.46g (3.84%), Cholesterol: 26.06mg (8.69%), Sodium: 298.22mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.93%), Selenium: 8.74µg (12.49%), Phosphorus: 104.54mg (10.45%), Vitamin B1: 0.14mg (9.64%), Calcium: 88.2mg (8.82%), Vitamin B2: 0.15mg (8.62%), Manganese: 0.14mg (7.16%), Vitamin E: 1.03mg (6.86%), Folate: 26.97µg (6.74%), Vitamin B3: 1.2mg (5.98%), Iron: 1.03mg (5.71%), Zinc: 0.81mg (5.38%), Vitamin B6: 0.11mg (5.35%), Fiber: 1.26g (5.05%), Magnesium: 19.05mg (4.76%), Vitamin K: 3.75µg (3.57%), Potassium: 110.05mg (3.14%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.18µg (2.98%), Copper: 0.05mg (2.56%), Vitamin C: 1.64mg (1.99%), Vitamin A: 98.47IU (1.97%)