



Bacon-Cheddar Corn Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 2 ounces extrasharp cheddar cheese shredded
- ☐ 1 large eggs
- ☐ 1 cup milk fat-free
- ☐ 6.8 ounces flour all-purpose
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 4 center-cut bacon crumbled cooked
- ☐ 0.5 cup cornmeal yellow

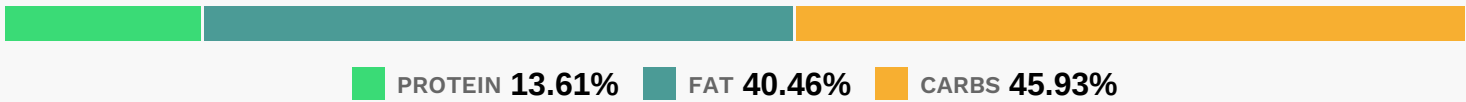
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Place 12 paper muffin cup liners in muffin cups. Coat liners with cooking spray; set aside.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt) in a large bowl; make a well in center of mixture.
- ☐ Combine milk and juice in a medium bowl; let stand 2 minutes (milk will curdle).
- ☐ Add butter and egg; stir well to combine.
- ☐ Add to flour mixture, stirring just until moist. Stir in cheese and bacon. Spoon batter evenly into prepared muffin cups.
- ☐ Bake at 400 for 17 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:34.65, Glycemic Load:12.37, Inflammation Score:-3, Nutrition Score:5.3708695678607%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 164.98kcal (8.25%), Fat: 7.37g (11.35%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 17.77g (6.46%), Sugar: 1.61g (1.78%), Cholesterol: 30.69mg (10.23%), Sodium: 332.78mg (14.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Selenium: 10.33µg (14.76%), Vitamin B1: 0.18mg (12.03%), Phosphorus: 102.49mg (10.25%), Vitamin B2: 0.16mg (9.34%), Folate: 35.36µg (8.84%), Calcium: 86.2mg (8.62%), Manganese: 0.15mg (7.74%), Vitamin B3: 1.43mg (7.17%), Iron: 1.09mg (6.05%), Zinc: 0.73mg (4.84%), Vitamin B6: 0.09mg (4.45%), Fiber: 1.06g (4.25%), Vitamin B12: 0.25µg (4.1%), Magnesium: 15.99mg (4%), Vitamin A: 172.67IU (3.45%), Vitamin B5: 0.31mg (3.12%), Potassium: 99.63mg (2.85%), Vitamin D: 0.37µg (2.44%), Copper: 0.05mg (2.38%), Vitamin E: 0.2mg (1.35%), Vitamin C: 0.97mg (1.17%)