



## Bacon-Cheddar Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 5 strips bacon
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cornmeal
- ☐ 1 large eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sharp cheddar cheese shredded

☐ 3 tablespoons butter unsalted melted

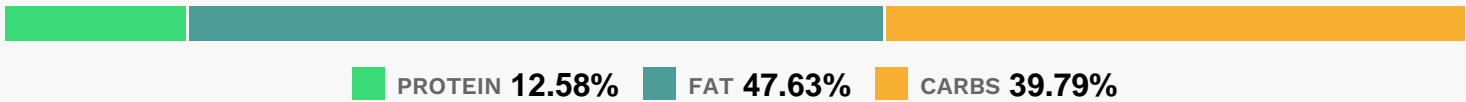
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 400F. Line a dozen muffin cups with paper liners and set aside.
- ☐ Cook bacon in large skillet over medium heat, turning often until crisp, about 5 minutes.
- ☐ Transfer to paper towels to drain; reserve 2 Tbsp. bacon fat from pan.
- ☐ Whisk together flour, cornmeal, baking powder, salt and pepper in a large bowl. Then stir cheese into mixture. In a small bowl, beat together egg and milk; stir into dry mixture.
- ☐ Crumble bacon.
- ☐ Add bacon, reserved bacon drippings and melted butter to batter. Fold with rubber spatula until blended. Spoon batter into prepared muffin pan.
- ☐ Bake about 20 minutes, until springy to touch.
- ☐ Let cool for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:27.71, Glycemic Load:12.07, Inflammation Score:-3, Nutrition Score:5.5421738572743%

Nutrients (% of daily need)

Calories: 183.46kcal (9.17%), Fat: 9.67g (14.88%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 17.12g (6.23%), Sugar: 1.16g (1.29%), Cholesterol: 36.22mg (12.07%), Sodium: 225.2mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.49%), Selenium: 10.57µg (15.1%), Vitamin B1: 0.18mg (12.16%), Phosphorus: 110.84mg (11.08%), Calcium: 104.06mg (10.41%), Vitamin B2: 0.16mg (9.41%), Folate: 33.91µg (8.48%), Manganese: 0.16mg (7.91%), Vitamin B3: 1.48mg (7.42%), Iron: 1.12mg (6.22%), Zinc: 0.74mg (4.91%), Vitamin B6: 0.09mg (4.67%), Fiber: 1.06g (4.23%), Vitamin B12: 0.25µg (4.14%), Magnesium: 16.16mg (4.04%), Vitamin A: 193.7IU (3.87%), Vitamin B5: 0.32mg (3.22%), Vitamin D: 0.42µg (2.83%), Potassium: 97.61mg (2.79%), Copper: 0.05mg (2.42%), Vitamin E: 0.24mg (1.63%)