



Bacon Corn Muffins

READY IN



60 min.

SERVINGS



12

CALORIES



250 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 pound bacon crumbled cooked
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 1 cup spring onion chopped
- ☐ 2 tablespoons sugar
- ☐ 6 tablespoons butter unsalted cooled melted
- ☐ 1.3 cups milk whole

☐ 1 cup cornmeal yellow

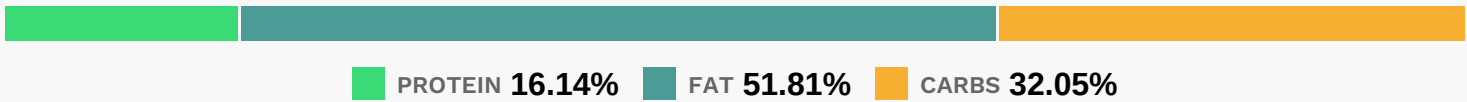
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Whisk together milk, egg, and butter in a small bowl.
- ☐ Whisk together remaining ingredients in a large bowl, then add milk mixture to dry ingredients. Stir until just combined.
- ☐ Divide among 12 greased (1/2-cup) muffin cups.
- ☐ Bake until golden and a tester comes out clean, about 20 minutes. Cool in pan on a rack 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:31.3, Glycemic Load:12.3, Inflammation Score:-4, Nutrition Score:8.4630434875903%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 250.06kcal (12.5%), Fat: 14.4g (22.15%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.37g (6.68%), Sugar: 3.66g (4.07%), Cholesterol: 52.31mg (17.44%), Sodium: 587.24mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Selenium: 14.92µg (21.32%), Phosphorus: 172.17mg (17.22%), Vitamin K: 17.88µg (17.03%), Vitamin B1: 0.23mg (15.18%), Vitamin B3: 2.85mg

(14.25%), Vitamin B6: 0.21mg (10.53%), Calcium: 104.19mg (10.42%), Vitamin B2: 0.16mg (9.31%), Zinc: 1.24mg (8.27%), Manganese: 0.16mg (7.94%), Iron: 1.25mg (6.94%), Magnesium: 27.39mg (6.85%), Fiber: 1.68g (6.7%), Folate: 26.3µg (6.58%), Vitamin A: 328.68IU (6.57%), Vitamin B12: 0.39µg (6.54%), Potassium: 214.16mg (6.12%), Vitamin B5: 0.5mg (4.97%), Copper: 0.07mg (3.74%), Vitamin D: 0.54µg (3.62%), Vitamin E: 0.4mg (2.65%), Vitamin C: 1.57mg (1.9%)