



Bacon, Onion, and Cheddar Corn Muffins

READY IN



28 min.

SERVINGS



12

CALORIES



170 kcal

BREAD

Ingredients

- ☐ 2 slices bacon
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups buttermilk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 0.8 cup cornmeal yellow

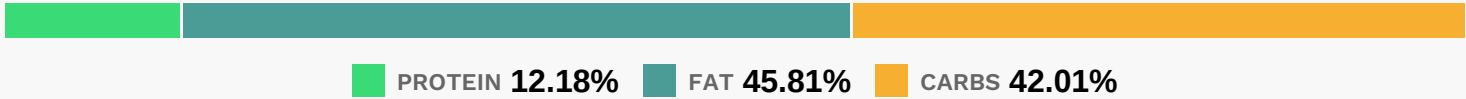
Equipment

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

Directions

- ☐ Cook bacon in a skillet over medium heat.
- ☐ Remove bacon, reserving drippings in pan.
- ☐ Drain bacon; crumble. Increase heat to medium-high.
- ☐ Add onion to drippings in pan; saut 5 minutes.
- ☐ Preheat oven to 40
- ☐ Combine buttermilk, olive oil, and egg.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (through pepper) in a bowl, stirring well with a whisk. Make a well in center of flour mixture.
- ☐ Add milk mixture; stir just until moist.
- ☐ Stir in bacon, onion, and cheese. Spoon into 12 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 13 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging.
- ☐ Remove muffins from tins; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:10.48, Inflammation Score:-2, Nutrition Score:4.6452174679093%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 170.1kcal (8.5%), Fat: 8.65g (13.31%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 16.46g (5.99%), Sugar: 1.87g (2.08%), Cholesterol: 23.12mg (7.71%), Sodium: 226.67mg (9.86%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.18g (10.35%), Selenium: 7.53µg (10.76%), Phosphorus: 86.27mg (8.63%), Vitamin B1: 0.13mg (8.63%), Calcium: 82.75mg (8.27%), Manganese: 0.15mg (7.51%), Folate: 27.31µg (6.83%), Vitamin B2: 0.11mg (6.26%), Fiber: 1.39g (5.57%), Iron: 1mg (5.54%), Vitamin E: 0.79mg (5.29%), Vitamin B3: 1.03mg (5.13%), Vitamin B6: 0.1mg (4.79%), Zinc: 0.67mg (4.46%), Magnesium: 16.35mg (4.09%), Vitamin K: 2.94µg (2.8%), Copper: 0.05mg (2.46%), Vitamin B5: 0.22mg (2.21%), Potassium: 74.99mg (2.14%), Vitamin B12: 0.11µg (1.76%), Vitamin A: 79.9IU (1.6%), Vitamin C: 1.05mg (1.27%)