



Blackberry Cornbread Muffins



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



100

CALORIES



38 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups blackberries frozen
- ☐ 0.5 cup butter melted
- ☐ 2 cups self-rising cornmeal white
- ☐ 5 large eggs
- ☐ 16 oz cup heavy whipping cream sour
- ☐ 0.5 cup sugar

Equipment

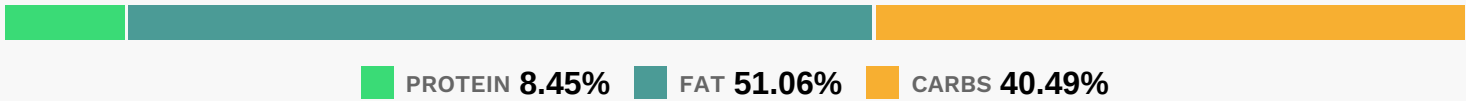
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 45
- ☐ Stir together cornmeal and sugar in a large bowl; make a well in center of mixture.
- ☐ Whisk together eggs, sour cream, and butter; add to cornmeal, stirring just until dry ingredients are moistened. Fold in blackberries. Spoon batter into 2 lightly greased 12-cup muffin pans, filling three-fourths full.
- ☐ Bake at 450 for 15 to 17 minutes or until tops are golden brown. Cool in pan on a wire rack 5 minutes.

Nutrition Facts



Properties

Glycemic Index:1.45, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:1.0391304324503%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 38.44kcal (1.92%), Fat: 2.22g (3.41%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.35g (1.5%), Cholesterol: 14.42mg (4.81%), Sodium: 12.42mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Manganese: 0.04mg (2.02%), Fiber: 0.48g (1.93%), Phosphorus: 18.21mg (1.82%), Vitamin A: 76.29IU (1.53%), Vitamin B2: 0.02mg (1.45%), Vitamin B5: 0.14mg (1.42%), Selenium: 0.96µg (1.38%), Magnesium: 5.33mg (1.33%), Vitamin B6: 0.03mg (1.28%), Zinc: 0.17mg (1.11%), Iron:

0.19mg (1.03%)