



## Blue Corn Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

BREAD

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup regular corn fresh thawed
- ☐ 1 cloves garlic finely chopped
- ☐ 1 tablespoon granulated sugar

- ☐ 1 jalapeño peppers diced finely
- ☐ 0.5 cup milk
- ☐ 3 tablespoons onion diced finely
- ☐ 0.3 cup bell pepper diced red finely
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces butter unsalted
- ☐ 0.8 cup cornmeal blue yellow can substitute

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ muffin tray

## Directions

- ☐ Set a rack in the middle of the oven and preheat to 400 degrees F. Grease a 6 slot muffin pan with non-stick vegetable spray.
- ☐ In a small saucepan, melt the butter.
- ☐ Add the onions and garlic and cook until soft.
- ☐ In a large mixing bowl, whisk together the milk, eggs, bell pepper, jalapeno, corn and cilantro.
- ☐ Whisk in the butter mixture.
- ☐ In a separate bowl, stir together the cornmeal, flour, baking powder, soda, salt and sugar.
- ☐ Mix into the liquid mixture.
- ☐ Divide the batter evenly among the muffins slots and bake for 16 minutes or until set, turning the pan once for even baking.

## Nutrition Facts



 **PROTEIN 10.43%**  **FAT 42.12%**  **CARBS 47.45%**

## Properties

Glycemic Index:82.77, Glycemic Load:16.66, Inflammation Score:-5, Nutrition Score:8.4113044531449%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 238.04kcal (11.9%), Fat: 11.27g (17.33%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 25.92g (9.43%), Sugar: 3.95g (4.39%), Cholesterol: 84.76mg (28.25%), Sodium: 379.82mg (16.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.55%), Selenium: 10.5µg (15%), Phosphorus: 144.13mg (14.41%), Vitamin C: 11.75mg (14.25%), Manganese: 0.24mg (12.01%), Vitamin A: 583.55IU (11.67%), Vitamin B1: 0.17mg (11.64%), Vitamin B2: 0.19mg (11.34%), Vitamin B6: 0.22mg (10.77%), Fiber: 2.64g (10.55%), Folate: 41.18µg (10.29%), Calcium: 101.36mg (10.14%), Iron: 1.58mg (8.8%), Magnesium: 32.4mg (8.1%), Zinc: 1.08mg (7.19%), Vitamin B3: 1.36mg (6.8%), Vitamin B5: 0.56mg (5.62%), Potassium: 179.94mg (5.14%), Vitamin D: 0.7µg (4.66%), Vitamin B12: 0.27µg (4.57%), Vitamin E: 0.67mg (4.46%), Copper: 0.09mg (4.32%), Vitamin K: 1.81µg (1.73%)