



Cheddar Corn Muffins with Jalapeño Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



252 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups buttermilk well-shaken (not powdered)
- ☐ 2 cups cornmeal stone-ground (preferably)
- ☐ 1 large eggs
- ☐ 0.8 cup corn frozen thawed
- ☐ 1 jalapeno fresh finely chopped
- ☐ 1 teaspoon salt
- ☐ 5.3 ounces sharp cheddar cheese divided grated

☐ 1 stick butter unsalted softened

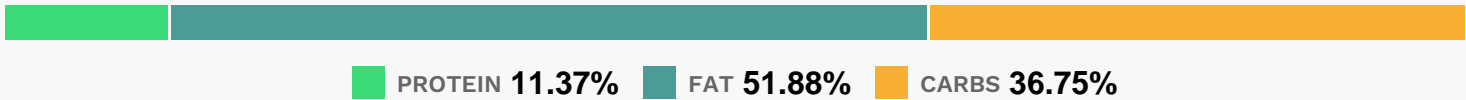
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Brush muffin cups with softened butter.
- ☐ Whisk together cornmeal, salt, baking powder, and baking soda in a large bowl.
- ☐ Whisk together corn, buttermilk, egg, and melted butter in another bowl, then stir into flour mixture until just combined. Stir in 1 1/2 cups cheese.
- ☐ Divide batter among muffin cups and sprinkle with remaining 1/4 cup cheese.
- ☐ Bake until puffed and golden-brown and a wooden pick inserted into center of a muffin comes out clean, about 20 minutes. Turn out onto a rack to cool.
- ☐ Serve warm or at room temperature.
- ☐ Stir together butter, jalapeño, and 1/4 teaspoon salt.
- ☐ Serve with muffins.
- ☐ •Muffins can be made 6 hours ahead. •Jalapeño butter can be made 1 week ahead and chilled in an airtight container. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:12.08, Inflammation Score:-4, Nutrition Score:7.0317390483359%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 251.96kcal (12.6%), Fat: 14.72g (22.65%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 20.66g (7.51%), Sugar: 1.74g (1.94%), Cholesterol: 50.9mg (16.97%), Sodium: 390.65mg (16.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.51%), Phosphorus: 164.77mg (16.48%), Calcium: 142.88mg (14.29%), Fiber: 2.81g (11.25%), Selenium: 7.49µg (10.7%), Vitamin B6: 0.2mg (10.23%), Zinc: 1.51mg (10.06%), Magnesium: 38.46mg (9.62%), Manganese: 0.19mg (9.58%), Vitamin B2: 0.15mg (9.09%), Vitamin A: 436.34IU (8.73%), Vitamin B1: 0.11mg (7.2%), Iron: 1.01mg (5.59%), Vitamin B12: 0.3µg (4.99%), Folate: 19.55µg (4.89%), Potassium: 169.96mg (4.86%), Vitamin B3: 0.88mg (4.39%), Copper: 0.09mg (4.25%), Vitamin D: 0.62µg (4.16%), Vitamin B5: 0.41mg (4.12%), Vitamin E: 0.51mg (3.42%), Vitamin C: 2.13mg (2.58%), Vitamin K: 1.31µg (1.25%)