



Chili and Cornbread Cupcakes

 Popular

READY IN



45 min.

SERVINGS



18

CALORIES



149 kcal

Ingredients

- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 3 tablespoons milk
- ☐ 2 tablespoons butter melted
- ☐ 0.3 teaspoon chili powder
- ☐ 1 eggs
- ☐ 0.3 cup corn frozen thawed (from 12-oz bag)
- ☐ 30 oz chili with beans canned
- ☐ 3 oz cheddar cheese shredded
- ☐ 6 tablespoons cream sour

- ☐ 0.3 cup corn chips
- ☐ 0.3 cup spring onion sliced (4 medium)

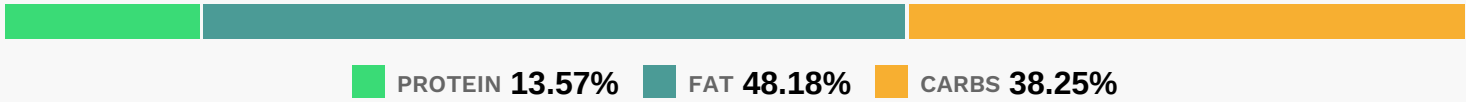
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place foil baking cup in each of 18 regular-size muffin cups.
- ☐ In medium bowl, stir cornbread mix, milk, melted butter, chili powder and egg just until moistened. Fold in corn. Spoon about 1 tablespoon cornbread mixture into each muffin cup. Top each with about 3 tablespoons chili.
- ☐ Bake 18 minutes; sprinkle each with 2 teaspoons cheese; bake 1 to 2 minutes or until cheese is melted.
- ☐ Let stand 5 minutes; remove from pan and top each with dollop of sour cream.
- ☐ Sprinkle with corn chips and green onions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:5.8656522113344%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 149.16kcal (7.46%), Fat: 8.24g (12.67%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 11.79g (4.29%), Sugar: 2.96g (3.29%), Cholesterol: 28.06mg (9.35%), Sodium: 383.96mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Phosphorus: 160.87mg (16.09%), Fiber: 2.92g (11.7%), Iron: 1.99mg (11.06%), Zinc: 1.28mg (8.51%), Vitamin B5: 0.82mg (8.19%), Vitamin B2: 0.13mg (7.36%), Calcium: 73.21mg (7.32%), Magnesium: 28.2mg (7.05%), Vitamin A: 321.6IU (6.43%), Folate: 25.03µg (6.26%), Potassium: 215.28mg (6.15%), Manganese: 0.11mg (5.5%), Selenium: 3.62µg (5.17%), Vitamin B1: 0.08mg (5.04%), Vitamin B6: 0.09mg (4.75%), Vitamin K: 4.69µg (4.46%), Copper: 0.07mg (3.61%), Vitamin E: 0.48mg (3.22%), Vitamin B3: 0.59mg (2.97%), Vitamin B12: 0.11µg (1.76%), Vitamin C: 1.33mg (1.61%)