



Chili Topped Cornbread Bites

 **Gluten Free**

READY IN



55 min.

SERVINGS



36

CALORIES



103 kcal

Ingredients

- 6 tablespoons butter melted
- 15 ounce tomato sauce canned
- 0.5 teaspoon chili powder
- 2 tablespoons chili sauce
- 1.5 cups cornmeal
- 3 eggs
- 1 tablespoon parsley leaves fresh finely chopped
- 2 teaspoons garlic minced
- 1 pound ground beef

- 1 teaspoon ground cumin
- 1 cup milk
- 0.5 medium onion diced
- 1 teaspoon salt
- 36 servings salt and pepper black freshly ground
- 0.5 cup cup heavy whipping cream sour
- 0.3 cup sugar
- 2 tablespoons tomato paste

Equipment

- bowl
- oven
- whisk
- pot
- toothpicks
- ice cream scoop
- muffin tray
- mini muffin tray

Directions

- For Chili: In a large pot over medium heat, add the beef and brown well.
- Drain off all but 1 tablespoon of the rendered fat.
- Add the onions and saute until translucent. Stir in the garlic, spices, chili sauce, tomato paste, tomato sauce and salt and pepper, to taste. Simmer for 30 minutes to thicken and incorporate flavors. (Reserve 1 cup of chili for Round 2 Hush Puppies recipe.)
- For Corn Muffins: Preheat the oven to 350 degrees F. Spray 2 (24-cup) or 3 (12-count) mini muffin tin with cooking spray.
- In a large bowl, mix together the baking mix, cornmeal, and sugar. In a separate bowl whisk together the eggs and milk until well combined, then mix in melted butter. Stir the wet ingredients into the dry until just incorporated (reserve 1 cup the batter for Round 2 Hush

Puppies recipe). Using a tablespoon or mini ice cream scoop fill the muffin tins 3/4 of the way up with batter.

- Bake until a toothpick inserted in top of the muffins comes out clean, about 12 to 15 minutes.
- To Assemble: Using a small teaspoon, scoop out a small amount from the top of the mini cornbread muffins. (Save these pieces for the (Bacon Cornbread Stuffed Mushrooms recipe). Fill the top of each muffin with a tablespoon of the chili. Top with a dollop of sour cream and sprinkle with chopped parsley.
- Transfer to a serving platter and serve.

Nutrition Facts



PROTEIN 14.87% **FAT 52.59%** **CARBS 32.54%**

Properties

Glycemic Index:12.29, Glycemic Load:4.62, Inflammation Score:-2, Nutrition Score:3.4504348298778%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 102.71kcal (5.14%), Fat: 6.06g (9.32%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 7.5g (2.73%), Sugar: 3.11g (3.46%), Cholesterol: 30.3mg (10.1%), Sodium: 172mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Vitamin B12: 0.35µg (5.83%), Zinc: 0.86mg (5.76%), Phosphorus: 57.55mg (5.75%), Vitamin B6: 0.11mg (5.57%), Selenium: 3.87µg (5.52%), Vitamin B3: 0.88mg (4.4%), Manganese: 0.08mg (4.05%), Vitamin B2: 0.07mg (4.02%), Iron: 0.72mg (4.01%), Vitamin A: 198.26IU (3.97%), Fiber: 0.93g (3.72%), Potassium: 128.74mg (3.68%), Magnesium: 13.76mg (3.44%), Vitamin K: 2.99µg (2.84%), Vitamin E: 0.42mg (2.82%), Vitamin B1: 0.04mg (2.47%), Copper: 0.05mg (2.42%), Vitamin B5: 0.24mg (2.4%), Calcium: 20.9mg (2.09%), Vitamin C: 1.5mg (1.82%), Folate: 6.86µg (1.71%), Vitamin D: 0.16µg (1.07%)