



WHATSheATE



Cook the Book: Jalapeño-Cheddar-Corn Muffins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



206 kcal

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 cup cheddar cheese grated
- ☐ 1 cup cornmeal
- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs
- ☐ 2 jalapeno diced seeded
- ☐ 1.3 cups milk
- ☐ 0.7 cup rice flour white

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 rice flour sweet
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ wooden spoon
- ☐ stand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350° F. Line a 12-cup muffin pan with paper liners.
- ☐ In a medium bowl, whisk together the dry ingredients.
- ☐ In a small bowl, whisk together egg, vegetable oil, milk.
- ☐ Pour egg mixture over the dry ingredients. Blend for 1 minute. (Use high speed with a handheld mixer or medium-high with a stand mixer.) Using a wooden spoon, stir in the cheddar cheese and jalapeño peppers.
- ☐ Spoon the batter into muffin cups so that they are two-thirds full.
- ☐ Bake for 20 to 25 minutes or until a tester into the center of a muffin comes out clean.
- ☐ Place pan on a wire rack to cool, 2 to 3 minutes.
- ☐ Remove muffins from pan and place directly on a rack to cool completely. Store in an airtight container.

Nutrition Facts



 **PROTEIN 10.49%**  **FAT 43.03%**  **CARBS 46.48%**

Properties

Glycemic Index:38.63, Glycemic Load:12.75, Inflammation Score:-2, Nutrition Score:5.9191303875135%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 205.9kcal (10.29%), Fat: 9.88g (15.19%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 24g (8%), Net Carbohydrates: 22.44g (8.16%), Sugar: 3.58g (3.98%), Cholesterol: 27.97mg (9.32%), Sodium: 316.33mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Calcium: 180.64mg (18.06%), Phosphorus: 145.88mg (14.59%), Manganese: 0.2mg (9.98%), Selenium: 6.69µg (9.56%), Vitamin K: 9.13µg (8.69%), Vitamin B6: 0.16mg (7.79%), Zinc: 0.99mg (6.61%), Vitamin B2: 0.11mg (6.58%), Fiber: 1.56g (6.24%), Magnesium: 24.21mg (6.05%), Vitamin B1: 0.07mg (4.77%), Vitamin B12: 0.27µg (4.57%), Vitamin E: 0.64mg (4.27%), Iron: 0.69mg (3.82%), Vitamin A: 183.18IU (3.66%), Vitamin B5: 0.36mg (3.57%), Vitamin C: 2.77mg (3.35%), Vitamin B3: 0.62mg (3.11%), Potassium: 106.78mg (3.05%), Vitamin D: 0.42µg (2.8%), Copper: 0.05mg (2.66%), Folate: 9.43µg (2.36%)