



Corn Muffins with Candied Bacon

READY IN



40 min.

SERVINGS



16

CALORIES



297 kcal

BREAD

Ingredients

- 0.3 pound bacon
- 2 tablespoons double-acting baking powder
- 0.5 cup butter melted (1 stick)
- 1 cup cornmeal
- 2 eggs beaten
- 15 ounces flour all-purpose
- 16 servings pepper black freshly ground
- 0.3 cup brown sugar light packed
- 1.5 cups milk

- 3.5 ounces sugar
- 0.5 cup vegetable oil

Equipment

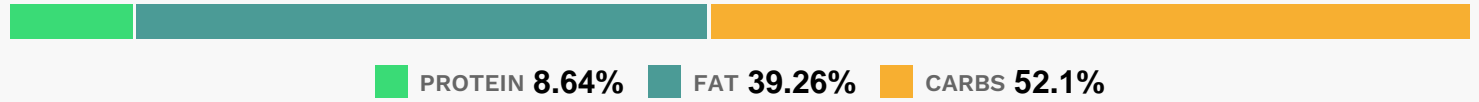
- bowl
- baking sheet
- paper towels
- oven
- whisk
- wire rack
- aluminum foil
- broiler
- muffin liners
- muffin tray
- tongs

Directions

- Adjust oven rack to 8 to 10 inches below broiler element and preheat the broiler to high.
- Place bacon strips in a single layer on a wire rack set in a foil-lined rimmed baking sheet. Evenly sprinkle the bacon with 1/4 cup brown sugar. Broil until the sugar is bubbling, about 4 minutes.
- Remove the bacon from the oven and flip it using a pair of tongs, place the bacon back in the oven until crisp, 3 to 5 minutes longer.
- Remove the bacon and let drain on paper towels, sugared side up.
- Turn off broiler, adjust oven rack to middle position and preheat to 375°F. Line a muffin tin with muffing liners, or grease with cooking spray or butter.
- Whisk together flour, sugar, remaining 1/2 cup brown sugar, cornmeal, baking powder, a large pinch of salt, and a pinch of black pepper. In a separate bowl whisk together melted butter, vegetable oil, eggs, and milk.
- Mix wet ingredients into dry ingredients then divide batter between muffin cups.

- Bake muffins until golden brown on the top, about 20 minutes.
- Remove from oven and allow to cool, meanwhile divide 6 strips of bacon in half.
- Cut a small hole in the top of each muffin and slide a half piece of bacon into each muffin.

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:24.12, Inflammation Score:-4, Nutrition Score:7.7365218038144%

Nutrients (% of daily need)

Calories: 296.79kcal (14.84%), Fat: 12.99g (19.98%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 37.11g (13.49%), Sugar: 10.88g (12.08%), Cholesterol: 44.69mg (14.9%), Sodium: 285.65mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Selenium: 13.79µg (19.69%), Vitamin B1: 0.28mg (18.67%), Folate: 54.87µg (13.72%), Phosphorus: 133.53mg (13.35%), Manganese: 0.26mg (13.19%), Calcium: 129.47mg (12.95%), Vitamin B2: 0.21mg (12.27%), Vitamin B3: 2.23mg (11.15%), Iron: 1.87mg (10.39%), Fiber: 1.68g (6.72%), Vitamin B6: 0.12mg (6.03%), Magnesium: 22.05mg (5.51%), Zinc: 0.78mg (5.2%), Vitamin A: 248.07IU (4.96%), Vitamin B5: 0.41mg (4.11%), Vitamin B12: 0.23µg (3.86%), Copper: 0.07mg (3.7%), Potassium: 129.08mg (3.69%), Vitamin K: 3.35µg (3.19%), Vitamin E: 0.44mg (2.93%), Vitamin D: 0.4µg (2.66%)