



Corn Muffins with Jalapeños and Lime Butter

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



160 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons butter divided softened
- ☐ 0.5 teaspoon chili powder
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 1.3 cups buttermilk fat-free
- ☐ 4.5 ounces flour all-purpose

- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons jalapeño minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon salt divided
- ☐ 0.3 cup sugar
- ☐ 1 cup onion sweet chopped
- ☐ 1 cup cornmeal yellow

Equipment

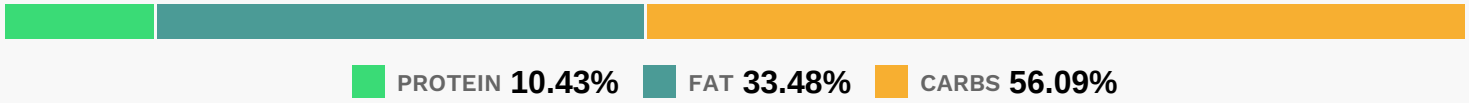
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add onion and garlic to pan; cook 2 minutes, stirring occasionally.
- ☐ Add corn, jalapeo, and 1/4 teaspoon salt; cook 2 minutes.
- ☐ Remove from heat; add 2 tablespoons butter, tossing to melt.
- ☐ Spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, remaining 3/4 teaspoon salt, cornmeal, and next 4 ingredients (through chili powder) in a large bowl.
- ☐ Combine buttermilk, eggs, and egg white in a large bowl.

- ☐ Add onion mixture to buttermilk mixture.
- ☐ Add buttermilk mixture to flour mixture, stirring just until moist. Spoon batter into 15 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 20 minutes or until lightly browned. Cool in pan 5 minutes on a wire rack; remove from pan. Cool muffins completely on wire rack.
- ☐ Combine remaining 3 tablespoons butter, juice, and honey in a small bowl; stir until well blended.
- ☐ Serve with muffins.

Nutrition Facts



Properties

Glycemic Index:31.32, Glycemic Load:12.35, Inflammation Score:-3, Nutrition Score:4.3539130350818%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 160.17kcal (8.01%), Fat: 6.05g (9.31%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 21.23g (7.72%), Sugar: 6.89g (7.65%), Cholesterol: 37.23mg (12.41%), Sodium: 291.23mg (12.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Selenium: 6.28µg (8.97%), Vitamin B1: 0.12mg (8.16%), Manganese: 0.16mg (8.11%), Folate: 29.41µg (7.35%), Phosphorus: 66.42mg (6.64%), Fiber: 1.57g (6.29%), Vitamin B2: 0.1mg (6.13%), Vitamin B6: 0.11mg (5.53%), Iron: 0.97mg (5.38%), Vitamin B3: 0.98mg (4.91%), Magnesium: 19.39mg (4.85%), Vitamin A: 221.62IU (4.43%), Zinc: 0.55mg (3.67%), Vitamin C: 2.63mg (3.19%), Vitamin B5: 0.3mg (3%), Potassium: 102.76mg (2.94%), Calcium: 29.08mg (2.91%), Copper: 0.06mg (2.89%), Vitamin E: 0.31mg (2.03%), Vitamin B12: 0.07µg (1.18%)