



Cornbread Cupcakes with Maple Butter Topping

READY IN



40 min.

SERVINGS



10

CALORIES



183 kcal

DESSERT

Ingredients

- 6.5 oz just-add-water cornbread mix
- 2 tablespoons butter melted
- 0.5 cup corn sweet cream-style canned
- 4 oz chilis green chopped canned
- 1 eggs
- 2 oz monterrey jack cheese shredded
- 0.3 cup butter softened
- 1.5 tablespoons maple syrup

2.5 teaspoons coarse salt (kosher or sea)

Equipment

bowl

frying pan

oven

aluminum foil

muffin liners

Directions

Heat oven to 400°F.

Place foil baking cup in each of 10 regular-size muffin cups.

In medium bowl, stir cupcake ingredients just until moistened. Spoon about 3 tablespoons batter into each muffin cup.

Bake 12 to 15 minutes or until light golden brown. Immediately remove from pan. Cool 10 minutes.

Meanwhile, in small bowl, beat softened butter and maple syrup with fork until well blended.

Spread topping on each cupcake; sprinkle each with about 1/4 teaspoon salt.

Nutrition Facts



PROTEIN 7.87% **FAT 55.36%** **CARBS 36.77%**

Properties

Glycemic Index:21.9, Glycemic Load:1.54, Inflammation Score:-3, Nutrition Score:4.3608695605527%

Nutrients (% of daily need)

Calories: 183.11kcal (9.16%), Fat: 11.4g (17.54%), Saturated Fat: 6.16g (38.53%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.47g (5.62%), Sugar: 5.95g (6.61%), Cholesterol: 40mg (13.33%), Sodium: 872.05mg (37.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Phosphorus: 133.21mg (13.32%), Vitamin B2: 0.14mg (8.3%), Manganese: 0.14mg (7.16%), Folate: 28.37µg (7.09%), Vitamin A: 334.88IU (6.7%), Calcium: 65.24mg (6.52%), Fiber: 1.58g (6.3%), Vitamin B1: 0.09mg (6.13%), Vitamin C: 4.32mg (5.24%), Selenium: 3.34µg (4.77%), Iron: 0.77mg (4.3%), Vitamin B3: 0.83mg (4.16%), Vitamin B6: 0.06mg (3.01%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.25mg

(2.48%), Magnesium: 9.75mg (2.44%), Potassium: 69.99mg (2%), Vitamin E: 0.29mg (1.96%), Vitamin B12: 0.12µg (1.95%), Vitamin K: 1.7µg (1.62%), Copper: 0.02mg (1.24%)