



WHATSheATE



Cornbread Muffin Trees

READY IN



10 min.

SERVINGS



100

CALORIES



24 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups buttermilk
- ☐ 14 oz regular corn mexican-style drained canned
- ☐ 12 oz buttermilk cornbread mix
- ☐ 1 teaspoon ground cumin
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 4 oz sharp cheddar cheese shredded

Equipment

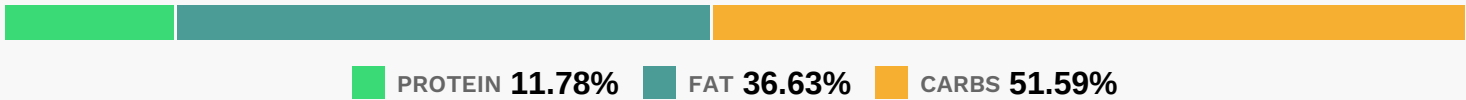
- ☐ bowl

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Stir together buttermilk cornbread mix and next 3 ingredients in a large bowl; make a well in center of mixture. Stir together corn and 1 1/2 cups buttermilk; add to cornbread mixture, stirring just until dry ingredients are moistened.
- ☐ Spoon into well-greased Christmas tree-shaped silicone muffin pans, filling three-fourths full.
- ☐ Bake at 425 for 15 to 17 minutes or until lightly browned.
- ☐ Note: For testing purposes only, we used Martha White Cotton Country Cornbread mix. To use regular muffin pans, prepare recipe as directed through Step 2, filling muffin cups two-thirds full.
- ☐ Bake as directed. Makes 18 muffins.

Nutrition Facts



Properties

Glycemic Index:0.95, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.71695652863254%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 24.17kcal (1.21%), Fat: 0.98g (1.51%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.88g (1.05%), Sugar: 0.88g (0.98%), Cholesterol: 1.6mg (0.53%), Sodium: 45.5mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Phosphorus: 26.69mg (2.67%), Calcium: 14.4mg (1.44%), Vitamin B2: 0.02mg (1.25%), Folate: 4.81µg (1.2%), Vitamin B1: 0.02mg (1.16%)