



## Cornbread muffins

READY IN



60 min.

SERVINGS



12

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 85 g butter for frying melted
- ☐ 1 large regular corn sliced
- ☐ 1 small onion finely chopped
- ☐ 0.5 to 5 chillies red deseeded finely chopped
- ☐ 140 g flour plain
- ☐ 140 g cornmeal
- ☐ 2 tsp double-acting baking powder
- ☐ 50 g cheddar cheese grated
- ☐ 2 eggs

- ☐ 284 ml pot roast cut
- ☐ 100 ml milk

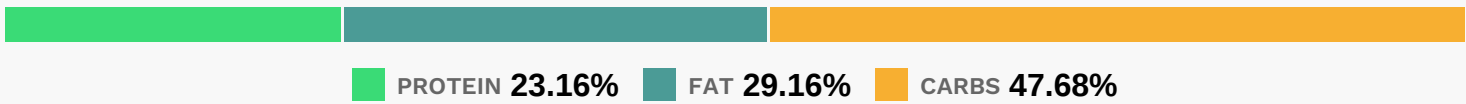
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ skewers
- ☐ muffin tray

## Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and brush a 12-hole muffin tin with some of the melted butter
- ☐ Put the corn kernels in a pan with the onion, chilli and a knob of butter. Gently fry for 5-10 mins until golden and soft.
- ☐ Mix together the flour, polenta, baking powder and cheddar with 1 tsp salt in a large mixing bowl.
- ☐ Whisk together the eggs, buttermilk and milk, then stir into the dry ingredients with the remaining melted butter and corn mixture. Divide between the muffin holes (they will be quite full) and bake for 25-30 mins or until golden brown and cooked through poke in a skewer to check. Best eaten warm.

## Nutrition Facts



## Properties

Glycemic Index:39.83, Glycemic Load:13.09, Inflammation Score:-4, Nutrition Score:8.0717391397642%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 175.89kcal (8.79%), Fat: 5.7g (8.76%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 19.17g (6.97%), Sugar: 1.46g (1.62%), Cholesterol: 50.91mg (16.97%), Sodium: 150.02mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.35%), Selenium: 14.12µg (20.17%), Phosphorus: 155.91mg (15.59%), Zinc: 2.1mg (14%), Vitamin B3: 2.43mg (12.13%), Vitamin B6: 0.24mg (12.02%), Vitamin B1: 0.17mg (11.13%), Vitamin B12: 0.66µg (10.96%), Vitamin B2: 0.18mg (10.66%), Calcium: 97.42mg (9.74%), Manganese: 0.19mg (9.41%), Iron: 1.66mg (9.24%), Folate: 36.56µg (9.14%), Fiber: 1.78g (7.11%), Magnesium: 27.34mg (6.83%), Potassium: 191.33mg (5.47%), Vitamin B5: 0.53mg (5.27%), Vitamin C: 3.67mg (4.44%), Copper: 0.08mg (4.14%), Vitamin A: 174.5IU (3.49%), Vitamin D: 0.29µg (1.93%), Vitamin E: 0.29mg (1.91%)