



Country Cornbread Muffins With Jalapeños

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 1.3 cups buttermilk low-fat
- ☐ 0.8 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 0.8 cup cornmeal yellow
- ☐ 0.3 cup yogurt-based spread (such as Brummel & Brown)

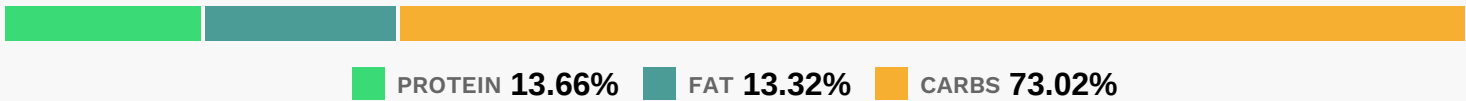
Equipment

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

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients in a bowl.
- ☐ Combine buttermilk, corn, peppers, and egg.
- ☐ Add buttermilk mixture to flour mixture; stir just until moist.
- ☐ Spoon batter into 12 muffin cups coated with cooking spray, filling three-fourths full.
- ☐ Bake at 425 for 15 to 17 minutes or until lightly browned.
- ☐ Remove from pans immediately; place on a wire rack.
- ☐ Serve warm with spread.

Nutrition Facts



Properties

Glycemic Index:29.72, Glycemic Load:11.71, Inflammation Score:-2, Nutrition Score:4.6765217444171%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 113.04kcal (5.65%), Fat: 1.7g (2.61%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 19.39g (7.05%), Sugar: 4.33g (4.81%), Cholesterol: 17.16mg (5.72%), Sodium: 312.79mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Phosphorus: 90.46mg (9.05%), Selenium: 6.12µg (8.75%), Vitamin B1: 0.13mg (8.61%), Vitamin B2: 0.14mg (8.22%), Calcium: 79.64mg (7.96%), Folate: 31.69µg (7.92%), Manganese: 0.16mg (7.75%), Fiber: 1.56g (6.22%), Iron: 0.99mg (5.48%), Vitamin B3: 1.05mg (5.24%), Magnesium: 19.1mg (4.77%), Vitamin B6: 0.1mg (4.76%), Zinc: 0.62mg (4.12%), Vitamin C: 3.26mg (3.95%), Potassium: 118.59mg (3.39%), Vitamin B5: 0.31mg (3.13%), Copper: 0.05mg (2.56%), Vitamin B12: 0.11µg (1.85%), Vitamin A: 70.61IU (1.41%), Vitamin E: 0.2mg (1.32%)