



## Easy, Sweet Cornbread Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 15 ounce corn bread mix jiffy® (such as )
- ☐ 2 eggs
- ☐ 3 tablespoons honey
- ☐ 0.5 cup milk
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons sugar white

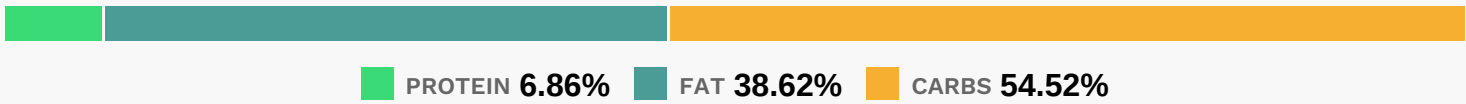
## Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line 12 muffin cups with paper liners.
- ☐ Mix corn bread mix, milk, sour cream, honey, and eggs in a bowl until batter is well combined yet slightly lumpy; allow to rest for 5 minutes. Fill muffin cups 3/4 full with batter. Lightly sprinkle each muffin with sugar.
- ☐ Bake in the preheated oven until muffins are golden brown, 18 to 20 minutes.
- ☐ Brush tops of muffins with melted butter; repeat brushing muffins with butter 2 to 3 more times.

## Nutrition Facts



## Properties

Glycemic Index:17.53, Glycemic Load:3.83, Inflammation Score:-3, Nutrition Score:5.2008695680162%

## Nutrients (% of daily need)

Calories: 232.44kcal (11.62%), Fat: 10.05g (15.46%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 29.61g (10.77%), Sugar: 14.36g (15.95%), Cholesterol: 42.39mg (14.13%), Sodium: 329.5mg (14.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Phosphorus: 206.41mg (20.64%), Vitamin B1: 0.16mg (10.8%), Vitamin B2: 0.16mg (9.62%), Folate: 37.19µg (9.3%), Fiber: 2.31g (9.26%), Selenium: 4.87µg (6.96%), Vitamin B3: 1.22mg (6.09%), Manganese: 0.12mg (5.97%), Iron: 1.04mg (5.8%), Vitamin A: 243.99IU (4.88%), Calcium: 47.66mg (4.77%), Vitamin B5: 0.36mg (3.6%), Vitamin B6: 0.07mg (3.47%), Vitamin B12: 0.18µg (2.97%), Magnesium: 11.74mg (2.93%), Zinc: 0.38mg (2.57%), Potassium: 81mg (2.31%), Vitamin K: 2.21µg (2.11%), Copper: 0.04mg (1.96%), Vitamin D: 0.26µg (1.72%), Vitamin E: 0.26mg (1.71%)