



Habanero Surprise Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.1 lb butter cooled melted
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup jalapeno jelly
- ☐ 0.8 teaspoon salt
- ☐ 1 cup cornmeal yellow
- ☐ 2 tablespoons or

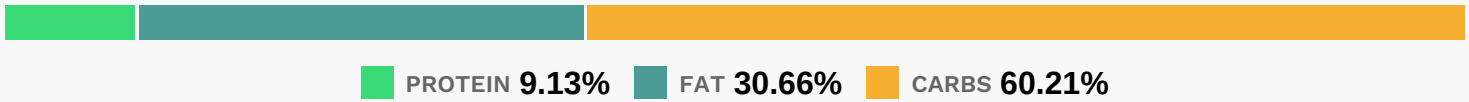
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ In a bowl, mix flour, cornmeal, sugar, baking powder, and salt. In another bowl, beat eggs to blend with buttermilk and 1/4 cup butter.
- ☐ Pour liquids into flour mixture and stir just until evenly moistened.
- ☐ Spoon half the batter equally into 12 buttered 2 1/2-inch muffin cups. Top each portion with 2 teaspoons habanero or jalapeo jelly. Fill cups equally with remaining batter.
- ☐ Bake in a 400 oven until muffins spring back when lightly pressed in center and are lightly browned, 20 to 25 minutes.
- ☐ Serve hot or cool.

Nutrition Facts



Properties

Glycemic Index:28.05, Glycemic Load:13.42, Inflammation Score:-3, Nutrition Score:5.0652174075013%

Nutrients (% of daily need)

Calories: 179.5kcal (8.97%), Fat: 6.15g (9.45%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 25.63g (9.32%), Sugar: 8.79g (9.77%), Cholesterol: 33.2mg (11.07%), Sodium: 315.26mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Selenium: 7.64µg (10.91%), Phosphorus: 93.91mg (9.39%), Vitamin B1: 0.13mg (8.98%), Vitamin B2: 0.14mg (8.14%), Calcium: 80.52mg (8.05%), Manganese: 0.16mg (7.98%), Folate: 28.53µg (7.13%), Vitamin A: 314.72IU (6.29%), Iron: 1.13mg (6.25%), Fiber: 1.53g (6.11%), Vitamin B6: 0.1mg (5.23%), Magnesium: 19.84mg (4.96%), Vitamin B3: 0.97mg (4.84%), Zinc: 0.67mg (4.45%), Vitamin B5: 0.33mg (3.32%), Copper: 0.06mg (2.92%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.43µg (2.84%), Potassium: 94.53mg (2.7%), Vitamin E: 0.3mg (2.02%)