



Ham-and-Swiss Corn Muffins

 Very Healthy

READY IN



52 min.

SERVINGS



1

CALORIES



2558 kcal

Ingredients

- ☐ 4 tablespoons butter divided melted
- ☐ 1.5 cups buttermilk
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 1 cup ham diced cooked
- ☐ 2 tablespoons dijon mustard
- ☐ 1 large eggs
- ☐ 1 tablespoon sugar
- ☐ 4 oz swiss cheese shredded

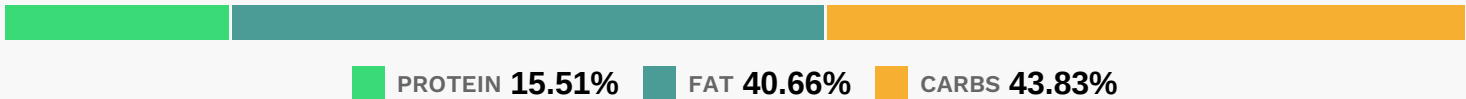
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 42
- ☐ Brown ham in 1 Tbsp. melted butter in a nonstick skillet over medium-high heat 5 to 6 minutes.
- ☐ Heat a 12-cup muffin pan in oven 5 minutes.
- ☐ Combine cornmeal mix and sugar in a medium bowl; make a well in center of mixture.
- ☐ Stir together buttermilk, egg, and Dijon mustard; add to cornmeal mixture, stirring just until dry ingredients are moistened. Stir in remaining 3 Tbsp. melted butter, cheese, and ham.
- ☐ Remove pan from oven, and coat with cooking spray. Spoon batter into hot muffin pan, filling almost completely full.
- ☐ Bake at 425 for 15 to 20 minutes or until golden.
- ☐ Remove from pan to a wire rack, and let cool 10 minutes.

Nutrition Facts



Properties

Glycemic Index:210.09, Glycemic Load:14.38, Inflammation Score:-10, Nutrition Score:72.89521721135%

Nutrients (% of daily need)

Calories: 2557.94kcal (127.9%), Fat: 116.59g (179.37%), Saturated Fat: 61.19g (382.41%), Carbohydrates: 282.8g (94.27%), Net Carbohydrates: 260.09g (94.58%), Sugar: 30.19g (33.54%), Cholesterol: 533.95mg (177.98%), Sodium: 7138.74mg (310.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.11g (200.22%), Phosphorus: 3645.1mg (364.51%), Calcium: 2507.08mg (250.71%), Folate: 956.48µg (239.12%), Vitamin B1: 3.28mg (218.95%), Vitamin B2: 2.97mg (174.92%), Selenium: 96.01µg (137.16%), Vitamin B12: 7.21µg (120.24%), Vitamin B3: 22.32mg (111.62%), Iron: 19.42mg (107.86%), Manganese: 1.97mg (98.36%), Zinc: 14.46mg (96.39%), Vitamin B6: 1.91mg

(95.73%), Fiber: 22.71g (90.84%), Vitamin A: 4201.74IU (84.03%), Magnesium: 302.27mg (75.57%), Vitamin B5: 5.06mg (50.61%), Potassium: 1715.52mg (49.01%), Copper: 0.8mg (40.19%), Vitamin D: 5.68µg (37.87%), Vitamin C: 26.45mg (32.06%), Vitamin E: 2.86mg (19.08%), Vitamin K: 7.19µg (6.85%)