



Hatch Chile Cornbread Muffins

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup milk
- 8 oz corn cream-style canned
- 12 servings butter melted
- 2 eggs fresh beaten (thank you Peeps!)
- 1.5 cups cornmeal white blue yellow
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 teaspoon salt

- 1 teaspoon sugar
- 1.5 cups monterrey jack cheese mixed shredded
- 5 to 2 chilies slit fresh green deveined peeled seeded chopped

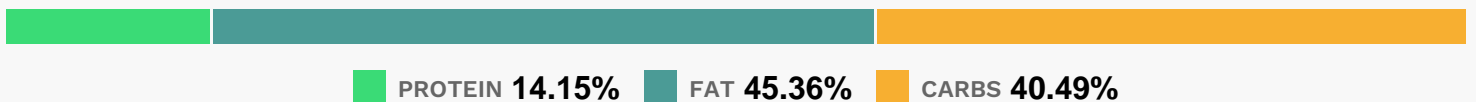
Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- Preheat oven to 400 degrees. Line 18 muffin cups with paper liners or grease and flour each cup.
- In a medium-size bowl, stir together milk, corn, butter and eggs.
- In a large bowl, whisk together cornmeal, baking powder, baking soda, salt and sugar.
- Add mixture from medium-size bowl to dry ingredients and mix just until combined. Do not overmix.
- Spoon a large spoonful of batter into each cup, filling about 1/3 of each cup, and top with a little cheese mixture and green chile, dividing evenly and reserving a little for sprinkling on top. Top with batter and reserved cheese and green chile. Each cup should be about two-thirds full.
- Bake 25 to 30 minutes, or until muffins are golden and a wooden pick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:6.4113043478261%

Taste

Sweetness: 67.96%, Saltiness: 65.95%, Sourness: 20.47%, Bitterness: 12.74%, Savoriness: 42.04%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 207.41kcal (10.37%), Fat: 10.6g (16.31%), Saturated Fat: 5.96g (37.27%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 18.38g (6.68%), Sugar: 2.69g (2.99%), Cholesterol: 52.43mg (17.48%), Sodium: 520.4mg (22.63%), Protein: 7.44g (14.88%), Phosphorus: 166.43mg (16.64%), Calcium: 151.9mg (15.19%), Fiber: 2.91g (11.65%), Zinc: 1.33mg (8.87%), Vitamin B2: 0.15mg (8.74%), Magnesium: 34.78mg (8.69%), Vitamin B6: 0.16mg (8.04%), Vitamin B5: 0.73mg (7.33%), Manganese: 0.15mg (7.3%), Selenium: 4.72µg (6.74%), Vitamin A: 311.86IU (6.24%), Iron: 1.09mg (6.08%), Vitamin B1: 0.08mg (5.33%), Folate: 20.63µg (5.16%), Vitamin B12: 0.27µg (4.56%), Potassium: 159.12mg (4.55%), Vitamin B3: 0.77mg (3.87%), Vitamin C: 3.02mg (3.67%), Copper: 0.06mg (3.18%), Vitamin D: 0.4µg (2.66%), Vitamin E: 0.32mg (2.16%)