



Jalapeño Corn Bread Mini Muffins

READY IN



26 min.

SERVINGS



6

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 tablespoons canola oil
- ☐ 0.8 cup self-rising cornmeal mix white
- ☐ 1 large eggs
- ☐ 0.5 cup buttermilk fat-free
- ☐ 2 tablespoons jalapeno minced seeded

Equipment

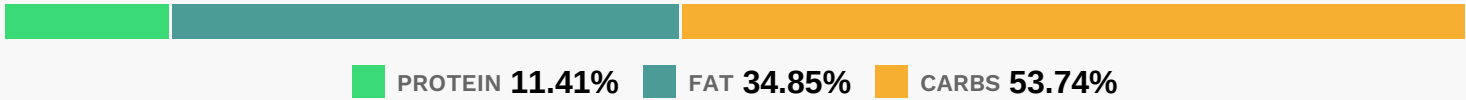
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon self-rising white cornmeal mix into measuring cups; level with a knife, and place in a large bowl.
- ☐ Combine buttermilk, jalapeo pepper, oil, and egg in a small bowl.
- ☐ Pour buttermilk mixture into cornmeal mixture; stir just until combined. Coat 12 miniature muffin cups with cooking spray; spoon batter evenly into cups.
- ☐ Bake at 425 for 17 minutes or until lightly browned.
- ☐ Remove from pans immediately; serve warm.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:5.4160869432532%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 125.75kcal (6.29%), Fat: 4.92g (7.56%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 15.58g (5.66%), Sugar: 1.22g (1.36%), Cholesterol: 31.39mg (10.46%), Sodium: 310.41mg (13.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Phosphorus: 156.14mg (15.61%), Folate: 61.37µg (15.34%), Vitamin B1: 0.16mg (10.46%), Vitamin B2: 0.13mg (7.86%), Vitamin C: 6.17mg (7.47%), Calcium: 71.37mg (7.14%), Iron: 1.21mg (6.72%), Fiber: 1.48g (5.91%), Vitamin B3: 1.18mg (5.88%), Vitamin E: 0.88mg (5.86%), Vitamin B6: 0.12mg (5.85%), Manganese: 0.12mg (5.84%), Selenium: 2.58µg (3.68%), Magnesium: 13.23mg (3.31%), Vitamin K: 3.45µg (3.28%), Vitamin A: 159.89IU (3.2%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.22mg (2.25%), Potassium: 67.89mg (1.94%), Copper: 0.04mg (1.89%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)