



Jalapeno Corn Cuffins (Cupcake-Muffins)

READY IN



80 min.

SERVINGS



12

CALORIES



252 kcal

SIDE DISH

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 cup jalapeños canned chopped
- 2 tablespoons chives finely chopped
- 1.5 cups cornmeal
- 12 ounce whipped cream cheese
- 2 large eggs
- 1 cup flour all-purpose
- 12 servings food coloring green
- 12 servings cranberry-orange relish red yellow finely chopped for garnish

- 0.5 teaspoon salt
- 2 tablespoons sugar
- 4 tablespoons butter unsalted melted
- 0.8 cup milk whole

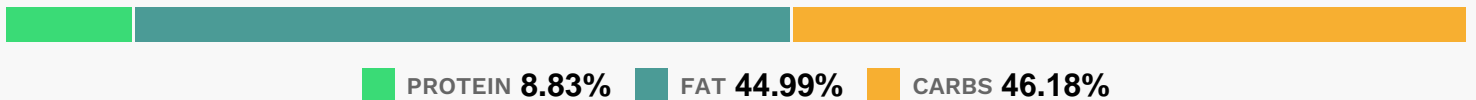
Equipment

- bowl
- oven
- whisk
- muffin liners
- muffin tray

Directions

- Heat oven to 350 degrees F. Prepare a standard sized muffin tin with paper muffin cups.
- Whisk together the cornmeal, flour, baking powder, sugar, and salt in a large bowl. In another bowl, beat the eggs, then add the milk, melted butter, and jalapenos and stir well.
- Pour the wet ingredients into the dry ingredients and mix until just blended. Divide the batter evenly among the muffin cups.
- Bake for 20 minutes or until lightly browned. Cool completely.
- Put the cream cheese in a bowl and mix in a few drops of food coloring until it is evenly tinted the shade of green you like. Fold in the chives. Frost the muffins and garnish with the chopped peppers.

Nutrition Facts



Properties

Glycemic Index:36.97, Glycemic Load:18.23, Inflammation Score:-4, Nutrition Score:6.999565248904%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 251.71kcal (12.59%), Fat: 12.7g (19.54%), Saturated Fat: 7.09g (44.33%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 27.01g (9.82%), Sugar: 5.5g (6.11%), Cholesterol: 64.41mg (21.47%), Sodium: 301.39mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Phosphorus: 134.03mg (13.4%), Selenium: 8.06µg (11.51%), Vitamin B1: 0.17mg (11.14%), Calcium: 106.85mg (10.69%), Manganese: 0.21mg (10.59%), Vitamin A: 500.62IU (10.01%), Fiber: 2.32g (9.28%), Vitamin B2: 0.15mg (8.97%), Vitamin B6: 0.17mg (8.51%), Folate: 32.31µg (8.08%), Iron: 1.45mg (8.06%), Magnesium: 31.01mg (7.75%), Zinc: 0.99mg (6.62%), Vitamin B3: 1.18mg (5.92%), Potassium: 167.08mg (4.77%), Vitamin B5: 0.47mg (4.67%), Copper: 0.08mg (4.16%), Vitamin B12: 0.25µg (4.11%), Vitamin D: 0.52µg (3.45%), Vitamin E: 0.5mg (3.37%), Vitamin C: 2.69mg (3.26%), Vitamin K: 2.8µg (2.67%)