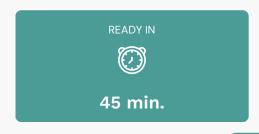


Jalapeño Cornbread Muffins

Vegetarian



1.3 teaspoons salt fine





MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

1.5 teaspoons double-acting baking powder
0.7 cup corn kernels frozen thawed
2 large eggs
0.5 cup flour all-purpose
0.3 cup granulated sugar
1.5 cups cornmeal yellow finely
0.3 cup jalapeño peppers coarsely chopped

	6 tablespoons butter unsalted melted plus more for coating the pan ()
	1.5 cups milk whole
	_
Ec	juipment
	bowl
	frying pan
	oven
	whisk
	wire rack
	toothpicks
	spatula
	muffin tray
Directions	
	Heat the oven to 425°F and arrange a rack in the middle. Coat the wells of a 12-well muffin pan generously with butter; set aside.
	Place the cornmeal, 1/2 cup of the flour, sugar, baking powder, and salt in a large bowl and whisk to combine; set aside.
	Place the corn and jalapeños in a medium bowl, add the remaining tablespoon of flour, and toss to combine; set aside.
	Place the milk and eggs in a medium bowl and whisk until the eggs are broken up.
	Pour the milk mixture and melted butter into the cornmeal mixture and, using a rubber spatula, stir until just incorporated and no streaks of butter remain. (Do not overmix.)
	Add the corn and jalapeños and stir until just combined. Divide the batter among the prepared muffin wells (they'll be very full).
	Bake until golden brown around the edges and a toothpick inserted in the center comes out clean, about 15 to 17 minutes.
	Let the muffins cool in the pan on a wire rack for 10 minutes.
	Remove from the pan and serve warm or at room temperature.

Nutrition Facts

PROTEIN 9.61% 📕 FAT 39.4% 📙 CARBS 50.99%

Properties

Glycemic Index:28.63, Glycemic Load:15.1, Inflammation Score:-3, Nutrition Score:5.7295652576115%

Nutrients (% of daily need)

Calories: 198.86kcal (9.94%), Fat: 8.82g (13.56%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 23.41g (8.51%), Sugar: 6.45g (7.17%), Cholesterol: 49.71mg (16.57%), Sodium: 386.39mg (16.8%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.84g (9.68%), Phosphorus: 114.98mg (11.5%), Manganese: 0.18mg (9.06%), Fiber: 2.27g (9.06%), Selenium: 6.26µg (8.94%), Vitamin B1: 0.13mg (8.39%), Vitamin B6: 0.16mg (8.06%), Vitamin B2: 0.14mg (8.04%), Calcium: 76.33mg (7.63%), Magnesium: 28.96mg (7.24%), Vitamin A: 321.61lU (6.43%), Iron: 1.12mg (6.22%), Zinc: 0.93mg (6.21%), Folate: 24.18µg (6.05%), Vitamin B3: 0.94mg (4.71%), Vitamin B5: 0.43mg (4.34%), Vitamin B12: 0.25µg (4.18%), Potassium: 146.23mg (4.18%), Vitamin D: 0.61µg (4.05%), Copper: 0.07mg (3.53%), Vitamin E: 0.37mg (2.46%)