



Jalapeño Cornbread Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

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
- 1.3 teaspoons salt fine

- 6 tablespoons butter unsalted melted plus more for coating the pan ()
- 1.5 cups milk whole

Equipment

- 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: 0g (100%), Alcohol %: 0% (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: 321.61IU (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%)