



## Maple-Bacon Corn Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



223 kcal

BREAD

### Ingredients

- 4 ounces bacon
- 1 Tb double-acting baking powder
- 1 tablespoon butter melted
- 2 eggs
- 2 cups flour
- 2 teaspoons maple syrup
- 3 tablespoons milk
- 1 teaspoon salt
- 0.5 cup sugar

1 cup cornmeal yellow

## Equipment

bowl

frying pan

oven

whisk

muffin liners

slotted spoon

muffin tray

## Directions

Preheat oven to 400\*.

Heat a skillet to medium-high. Chop the bacon and cook until slightly crispy.

Remove with a slotted spoon and set the skillet aside. In a large bowl combine all dry ingredients.

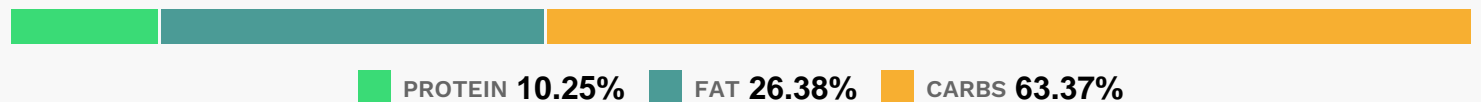
Whisk in the milk and eggs, followed by the melted butter, maple syrup and cup bacon grease. Stir the bacon pieces back into the mixture.

Place muffin liners in a 12-cup muffin tin. Evenly divide the mixture into the liners.

Bake for 15 minutes until golden.

Remove from the muffin tin and serve warm! Makes 12.

## Nutrition Facts



## Properties

Glycemic Index:35.84, Glycemic Load:23.69, Inflammation Score:-2, Nutrition Score:6.3513043478261%

## Taste

Sweetness: 98.81%, Saltiness: 100%, Sourness: 12.1%, Bitterness: 16.84%, Savoriness: 67.46%, Fattiness: 89.75%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 222.98kcal (11.15%), Fat: 6.52g (10.04%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 33.46g (12.17%), Sugar: 9.49g (10.54%), Cholesterol: 36.48mg (12.16%), Sodium: 382.82mg (16.64%), Protein: 5.71g (11.41%), Selenium: 12.14µg (17.35%), Vitamin B1: 0.24mg (15.68%), Manganese: 0.26mg (12.9%), Folate: 46.11µg (11.53%), Phosphorus: 106.42mg (10.64%), Vitamin B2: 0.18mg (10.49%), Vitamin B3: 1.95mg (9.74%), Iron: 1.65mg (9.15%), Calcium: 73.63mg (7.36%), Fiber: 1.81g (7.24%), Vitamin B6: 0.13mg (6.36%), Magnesium: 21.77mg (5.44%), Zinc: 0.79mg (5.26%), Copper: 0.07mg (3.61%), Vitamin B5: 0.35mg (3.5%), Potassium: 102.72mg (2.93%), Vitamin B12: 0.13µg (2.25%), Vitamin A: 78.33IU (1.57%), Vitamin D: 0.23µg (1.5%), Vitamin E: 0.21mg (1.39%)