



 **67%**
HEALTH SCORE

Mini Spicy Cheese Muffins

 Vegetarian  Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



2320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup buttermilk at room temperature
- 2 large eggs at room temperature
- 1 cup flour all-purpose
- 0.3 cup jalapeño chilis seeded chopped
- 1 cup monterey jack grated
- 0.5 teaspoon salt

- 1 tablespoon sugar
- 0.3 cup vegetable oil
- 1 cup cornmeal yellow

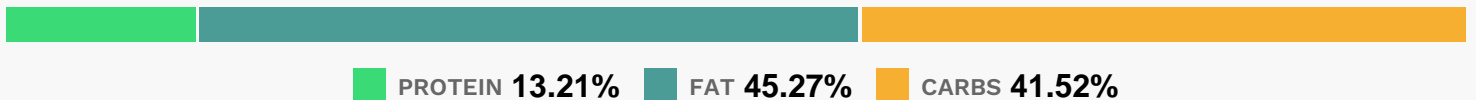
Equipment

- bowl
- oven
- toothpicks
- muffin tray

Directions

- Preheat oven to 375F. Mist 2 mini-muffin tins with cooking spray.
- In a bowl, combine first six ingredients. In a separate bowl, beat eggs with buttermilk and oil.
- Pour egg mixture into flour mixture and stir to form a thick batter. Fold in cheese and chilis.
- Spoon enough batter to half-fill 24 cups in mini-muffin tins.
- Bake until a toothpick inserted into center of a muffin comes out clean, about 15 minutes. Cool in pans on wire racks for 5 minutes, then turn muffins out onto racks to cool further.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:395.59, Glycemic Load:153.69, Inflammation Score:-10, Nutrition Score:67.309565170952%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 2319.72kcal (115.99%), Fat: 116.89g (179.83%), Saturated Fat: 39.46g (246.61%), Carbohydrates: 241.24g (80.41%), Net Carbohydrates: 222.26g (80.82%), Sugar: 28.37g (31.52%), Cholesterol: 498.97mg (166.32%), Sodium:

4610.79mg (200.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.77g (153.54%), Calcium: 1911.93mg (191.19%), Phosphorus: 1665.24mg (166.52%), Selenium: 108.08µg (154.4%), Vitamin B2: 2.09mg (123.17%), Vitamin B1: 1.64mg (109.13%), Vitamin K: 108.93µg (103.74%), Manganese: 1.95mg (97.42%), Folate: 368.23µg (92.06%), Iron: 14.6mg (81.08%), Zinc: 11.43mg (76.22%), Fiber: 18.98g (75.9%), Vitamin B6: 1.43mg (71.65%), Magnesium: 270.79mg (67.7%), Vitamin B3: 11.99mg (59.96%), Vitamin E: 7.44mg (49.59%), Vitamin B12: 2.93µg (48.87%), Vitamin B5: 4.25mg (42.47%), Vitamin A: 2047.52IU (40.95%), Vitamin D: 5.8µg (38.65%), Copper: 0.75mg (37.31%), Potassium: 1257.94mg (35.94%), Vitamin C: 26.68mg (32.35%)