



Miniature Corn Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



44 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 garlic cloves finely chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 cup pepper jack grated

- ☐ 0.5 cup yogurt plain
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup milk whole
- ☐ 1 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 425F. Mist two mini muffin pans (12 cups each) with nonstick cooking spray. Melt butter in small saucepan over mediumlow heat.
- ☐ Add onion and cook, stirring, for 3 minutes (do not let brown).
- ☐ Add garlic and cook for 2 minutes longer, stirring often. Set aside to cool.
- ☐ Whisk together flour, cornmeal, sugar, baking powder, salt, baking soda and cayenne pepper. In a separate bowl, whisk together yogurt, milk and eggs. Stir in onion mixture and cheese. Make a well in flour mixture and add milk mixture, stirring until just combined (do not overmix).
- ☐ Spoon 1 Tbsp. of batter into each muffin cup.
- ☐ Bake 10 to 12 minutes, until a toothpick dipped in center of a muffin comes out clean.
- ☐ Place pans on a wire rack to cool for 5 minutes.
- ☐ Remove muffins to rack to cool slightly.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 12.92%**  **FAT 40.07%**  **CARBS 47.01%**

Properties

Glycemic Index:9.97, Glycemic Load:3.24, Inflammation Score:-1, Nutrition Score:1.4652174089266%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 44.14kcal (2.21%), Fat: 1.97g (3.03%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.8g (1.75%), Sugar: 0.72g (0.8%), Cholesterol: 12.25mg (4.08%), Sodium: 91.01mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Phosphorus: 31.57mg (3.16%), Calcium: 30.42mg (3.04%), Selenium: 2.08µg (2.97%), Vitamin B2: 0.04mg (2.45%), Vitamin B1: 0.04mg (2.38%), Manganese: 0.04mg (2.18%), Folate: 7.47µg (1.87%), Iron: 0.29mg (1.61%), Fiber: 0.4g (1.61%), Vitamin B6: 0.03mg (1.6%), Zinc: 0.22mg (1.49%), Magnesium: 5.8mg (1.45%), Vitamin A: 64.58IU (1.29%), Vitamin B3: 0.25mg (1.24%), Vitamin B12: 0.07µg (1.12%)