



Savory Sweet Potato Muffins with Bacon

READY IN



85 min.

SERVINGS



12

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 slices bacon
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon mild curry powder
- 2 eggs
- 2 cups flour all-purpose
- 1 cup milk
- 0.5 small onion chopped
- 0.5 teaspoon salt

- 1 cup sharp cheddar cheese shredded
- 0.5 cup cup heavy whipping cream sour
- 1 large sweet potatoes and into
- 0.5 cup butter unsalted melted
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- wire rack
- toothpicks
- aluminum foil
- spatula
- muffin liners
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups with butter. Line a baking sheet with aluminum foil.
- Place sweet potato and bacon on the prepared baking sheet.
- Bake in the preheated oven for 20 minutes; flip sweet potato and bacon.
- Bake until sweet potato is tender and bacon is crisp, about 20 more minutes.
- Let bacon cool on paper towels.
- Heat oil in a skillet over medium heat; cook and stir onion until soft and translucent, about 10 minutes.

- Whisk flour, baking powder, baking soda, curry powder, and salt together in a large bowl. Stir in Cheddar cheese until coated.
- Peel sweet potato and transfer to a bowl; roughly mash. Measure out 1 cup of mashed sweet potato. Chop bacon and stir into onion.
- Whisk eggs vigorously in a separate bowl.
- Add milk, sour cream, and butter; whisk until smooth. Fold in 1 cup sweet potato, bacon, and onions. Gently stir the sweet potato mixture into the flour mixture, using a rubber spatula, until just combined.
- Pour batter into the prepared muffin tin.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 18 minutes. Cool muffins in the pan for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts

PROTEIN 10.66% **FAT 56.19%** **CARBS 33.15%**

Properties

Glycemic Index:26.83, Glycemic Load:14.93, Inflammation Score:-10, Nutrition Score:11.685652048691%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 287.28kcal (14.36%), Fat: 17.99g (27.67%), Saturated Fat: 9.37g (58.59%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 22.36g (8.13%), Sugar: 2.74g (3.04%), Cholesterol: 69.97mg (23.32%), Sodium: 389.58mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.35%), Vitamin A: 4487.03IU (89.74%), Selenium: 14.5µg (20.72%), Vitamin B1: 0.23mg (15.14%), Calcium: 150.54mg (15.05%), Vitamin B2: 0.25mg (14.69%), Phosphorus: 146.5mg (14.65%), Folate: 48.34µg (12.08%), Manganese: 0.23mg (11.62%), Vitamin B3: 1.74mg (8.68%), Iron: 1.43mg (7.96%), Vitamin B6: 0.13mg (6.44%), Vitamin B5: 0.63mg (6.32%), Fiber: 1.52g (6.07%), Zinc: 0.89mg (5.95%), Vitamin B12: 0.35µg (5.8%), Potassium: 201.37mg (5.75%), Magnesium: 20.41mg (5.1%), Copper: 0.09mg (4.52%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.6µg (3.99%), Vitamin K: 3.24µg (3.09%), Vitamin C: 1mg (1.21%)