



## Soulful Cornbread Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 tsp calumet baking powder
- 2 cups cornmeal
- 2 eggs
- 0.5 cup flour
- 0.5 tsp ground pepper red (cayenne)
- 0.5 cup milk
- 1 cup miracle whip dressing
- 0.3 cup onions chopped

- 0.3 cup bell peppers green red chopped
- 8.8 oz kernel corn whole drained well canned

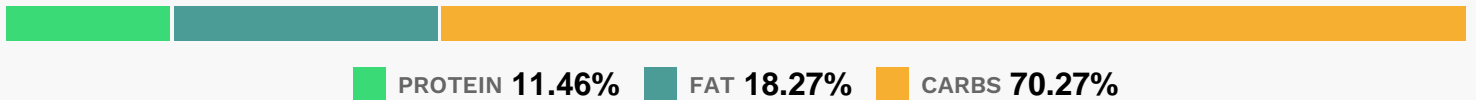
## Equipment

- bowl
- oven
- whisk
- muffin liners

## Directions

- Preheat oven to 400F.
- Mix cornmeal, flour, baking powder and ground red pepper in large bowl; set aside. Beat eggs, dressing and milk with wire whisk until well blended.
- Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in remaining ingredients.
- Spoon batter into 12 greased or paper-lined medium muffin cups.
- Bake 20 min. or until lightly browned around edges.

## Nutrition Facts



## Properties

Glycemic Index:28.54, Glycemic Load:14.83, Inflammation Score:-3, Nutrition Score:5.8573913431686%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 172.98kcal (8.65%), Fat: 3.52g (5.42%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 27.31g (9.93%), Sugar: 3.36g (3.73%), Cholesterol: 30.41mg (10.14%), Sodium: 283.08mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Fiber: 3.17g (12.67%), Phosphorus: 115.08mg

(11.51%), Manganese: 0.23mg (11.45%), Vitamin B6: 0.19mg (9.51%), Vitamin B1: 0.14mg (9.04%), Magnesium: 34.8mg (8.7%), Selenium: 5.82µg (8.32%), Iron: 1.33mg (7.36%), Folate: 29.01µg (7.25%), Zinc: 1.06mg (7.09%), Vitamin B2: 0.1mg (6.09%), Calcium: 58.58mg (5.86%), Vitamin B3: 1.16mg (5.82%), Potassium: 162.6mg (4.65%), Copper: 0.09mg (4.36%), Vitamin C: 3.15mg (3.82%), Vitamin B5: 0.34mg (3.38%), Vitamin A: 113.49IU (2.27%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.26µg (1.72%), Vitamin E: 0.22mg (1.45%)