



Southwest Cornmeal Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



69 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter melted
- 2 Tbsp calumet baking powder
- 0.7 cup cornmeal
- 1 eggs
- 1.3 cups flour
- 1 Tbsp parsley fresh finely chopped
- 0.5 tsp ground cumin
- 1 cup milk

- 0.8 tsp salt
- 0.8 cup sharp cheddar cheese shredded kraft
- 3 Tbsp sugar
- 8.8 oz kernel corn whole drained canned

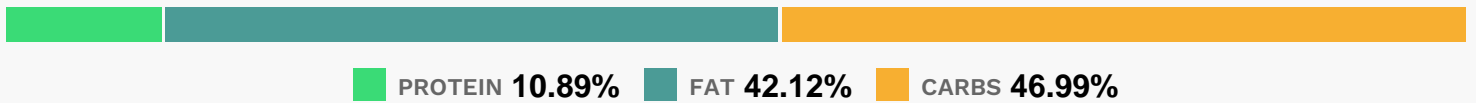
Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- Preheat oven to 425F.
- Mix flour, cornmeal, sugar, baking powder, salt and cumin in large bowl; set aside. Beat egg , milk, butter and parsley in small bowl with wire whisk until well blended.
- Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in cheese and corn.
- Spoon batter into 12 greased or paper-lined medium muffin cups, filling each cup 3/4 full.
- Bake 20 min. or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:4.82, Inflammation Score:-1, Nutrition Score:2.1695652163547%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 68.95kcal (3.45%), Fat: 3.25g (5%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.75g (2.82%), Sugar: 1.44g (1.6%), Cholesterol: 12.58mg (4.19%), Sodium: 168.57mg (7.33%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Calcium: 68.66mg (6.87%), Phosphorus: 50.91mg (5.09%), Selenium: 2.93µg (4.19%), Vitamin B1: 0.05mg (3.38%), Folate: 12.59µg (3.15%), Vitamin B2: 0.05mg (3.12%), Manganese: 0.06mg (2.8%), Iron: 0.44mg (2.45%), Vitamin A: 105.88IU (2.12%), Vitamin B3: 0.41mg (2.03%), Vitamin K: 2.04µg (1.94%), Zinc: 0.28mg (1.89%), Magnesium: 7.03mg (1.76%), Fiber: 0.41g (1.65%), Vitamin B6: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.3%), Potassium: 38.61mg (1.1%)