

Southwestern Chile-Cheese Corn Muffins







Ingredients

4 tablespoons butter melted
1.5 cups buttermilk
4.5 oz chiles green drained chopped canned
2 cups self-rising cornmeal mix white
1 large eggs
4 oz pepper jack cheese shredded

Equipment

1 tablespoon sugar

bowl

	frying pan	
	oven	
	wire rack	
	muffin tray	
Directions		
	Preheat oven to 42	
	Heat a 12-cup muffin pan in oven 5 minutes.	
	Combine cornmeal mix and sugar in a medium bowl; make a well in center of mixture.	
	Stir together buttermilk and egg; add to cornmeal mixture, stirring just until dry ingredients are moistened. Stir in melted butter, cheese, and chopped green chiles.	
	Remove pan from oven, and coat with cooking spray. Spoon batter into hot muffin pan, filling almost completely full.	
	Bake at 425 for 15 to 20 minutes or until golden.	
	Remove from pan to a wire rack, and let cool 10 minutes.	
Nutrition Facts		
	PROTEIN 12.57% FAT 39.84% CARBS 47.59%	

Properties

Glycemic Index:178.09, Glycemic Load:14.05, Inflammation Score:-10, Nutrition Score:66.843913389289%

Nutrients (% of daily need)

Calories: 2375.39kcal (118.77%), Fat: 106.52g (163.88%), Saturated Fat: 60.24g (376.52%), Carbohydrates: 286.22g (95.41%), Net Carbohydrates: 262.63g (95.5%), Sugar: 30.33g (33.7%), Cholesterol: 446.92mg (148.97%), Sodium: 6480.65mg (281.77%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 75.63g (151.25%), Phosphorus: 3149.36mg (314.94%), Folate: 1030.08µg (257.52%), Calcium: 2364.04mg (236.4%), Vitamin B1: 2.65mg (176.4%), Vitamin B2: 2.82mg (165.98%), Iron: 20.34mg (113.02%), Vitamin B3: 18.98mg (94.89%), Fiber: 23.59g (94.35%), Manganese: 1.8mg (89.79%), Vitamin B6: 1.77mg (88.4%), Vitamin A: 4272.01IU (85.44%), Zinc: 10.31mg (68.72%), Selenium: 46.13µg (65.9%), Magnesium: 262.44mg (65.61%), Vitamin C: 43.63mg (52.88%), Vitamin B12: 3.14µg (52.29%), Potassium: 1508.49mg (43.1%), Vitamin D: 6.36µg (42.4%), Vitamin B5: 3.84mg (38.44%), Copper: 0.64mg (31.79%), Vitamin E: 2.37mg (15.81%), Vitamin K: 7.99µg (7.6%)