



HEALTH SCORE

64%

Southwestern Chile-Cheese Corn Muffins



Very Healthy

READY IN



52 min.

SERVINGS



1

CALORIES



2375 kcal

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
- ☐ 1 tablespoon sugar

Equipment

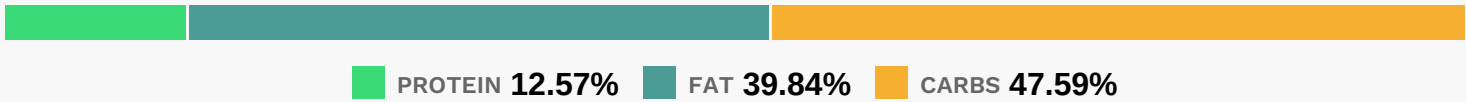
- ☐ bowl

- ☐ 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



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 %: 0% (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%)