

Spicy Cornbread Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter divided (1 stick)
- 1 cup buttermilk
- 1 small fresno chile pepper red seeded finely chopped
- 3 large eggs
- 1 cup flour all-purpose
- 0.5 cup regular corn frozen thawed

- 0.5 onion finely chopped
- 1 medium poblano pepper seeded finely chopped
- 1 teaspoon salt
- 12 servings salt
- 1 cup cheddar shredded
- 1 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- muffin tray

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F. Spray a 12 cup muffin pan with nonstick spray.
- In a medium saute pan, over medium heat, add 2 tablespoons butter. Once the butter has melted add the onions and the peppers and saute until soft, about 4 minutes. Season with salt, to taste. Stir in the corn and cook until heated through. Set aside to cool.
- Melt the remanding butter in a small pan over low heat and once melted, remove from the heat.
- In a large bowl, combine the flour, cornmeal, baking powder, baking soda and salt.
- In another large bowl, add the buttermilk and the eggs.
- Whisk lightly until combined. Using the well method, add the liquid ingredients to the dry ingredients and fold together until combined.
- Add the sauteed vegetables with the melted butter and the shredded cheese and continue to fold. The batter will be very thick.
- Using a 1/2 cup measure, evenly scoop the batter into the muffin tin.

Bake for 10 minutes.

Remove from the oven and let cool for 10 minutes on a wire rack before serving.

Nutrition Facts

PROTEIN 12.16% **FAT 51.32%** **CARBS 36.52%**

Properties

Glycemic Index:35.46, Glycemic Load:12.3, Inflammation Score:-5, Nutrition Score:8.2469564417134%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 237.72kcal (11.89%), Fat: 13.7g (21.07%), Saturated Fat: 7.61g (47.58%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 19.91g (7.24%), Sugar: 1.92g (2.14%), Cholesterol: 78.45mg (26.15%), Sodium: 712.5mg (30.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.61%), Vitamin C: 14.2mg (17.21%), Selenium: 11.76µg (16.8%), Phosphorus: 153.72mg (15.37%), Calcium: 143.46mg (14.35%), Vitamin B2: 0.21mg (12.55%), Vitamin B1: 0.16mg (10.44%), Vitamin A: 503.98IU (10.08%), Manganese: 0.2mg (9.91%), Folate: 38.18µg (9.54%), Vitamin B6: 0.18mg (8.85%), Fiber: 2.02g (8.09%), Zinc: 1.15mg (7.7%), Iron: 1.33mg (7.37%), Magnesium: 27.4mg (6.85%), Vitamin B3: 1.19mg (5.97%), Vitamin B12: 0.32µg (5.32%), Vitamin B5: 0.48mg (4.85%), Potassium: 164.13mg (4.69%), Copper: 0.08mg (4.06%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.55mg (3.69%), Vitamin K: 2.32µg (2.21%)