



WHATSheATE



HEALTH SCORE

79%

## Sweet Green Tomato Cornmeal Muffins



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



3718 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.5 cup butter divided melted
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 5 large eggs
- ☐ 0.8 lb tomatoes diced green seeded
- ☐ 2 teaspoons lemon zest
- ☐ 16 oz cup heavy whipping cream sour
- ☐ 0.5 cup sugar divided

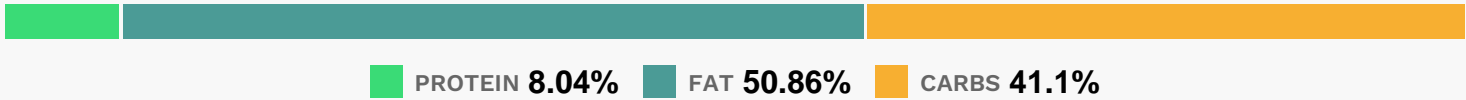
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 45
- ☐ Saut tomatoes and 2 Tbsp. sugar in 2 Tbsp. melted butter in a large skillet over medium-high heat 10 to 12 minutes or until tomatoes begin to caramelize and turn light brown.
- ☐ Stir together cornmeal mix, lemon zest, and remaining 6 Tbsp. sugar in a large bowl; make a well in center of mixture.
- ☐ Whisk together eggs, sour cream, and remaining 6 Tbsp. butter; add to cornmeal mixture, stirring just until dry ingredients are moistened. Fold in tomatoes.
- ☐ Generously coat small (1/4 cup) brioche molds or muffin pans with vegetable cooking spray; spoon batter into molds, filling two-thirds full.
- ☐ Bake at 450 for 15 to 17 minutes or until wooden pick inserted in center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:120.09, Glycemic Load:69.84, Inflammation Score:-10, Nutrition Score:79.830434882123%

## Nutrients (% of daily need)

Calories: 3717.73kcal (185.89%), Fat: 214.52g (330.04%), Saturated Fat: 113.43g (708.96%), Carbohydrates: 390.12g (130.04%), Net Carbohydrates: 364.54g (132.56%), Sugar: 130.04g (144.48%), Cholesterol: 1441.64mg (480.55%), Sodium: 5755.48mg (250.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.27g (152.54%), Phosphorus: 3176.1mg (317.61%), Folate: 1076.86µg (269.21%), Vitamin B2: 3.57mg (210.21%), Vitamin A: 10174.09IU (203.48%), Vitamin B1: 2.83mg (188.47%), Calcium: 1692.55mg (169.26%), Selenium: 96.66µg (138.08%), Iron: 23.36mg (129.79%), Manganese: 2.22mg (110.92%), Vitamin B6: 2.21mg (110.29%), Vitamin C: 88.85mg (107.69%), Fiber: 25.59g (102.34%), Vitamin B3: 20.06mg (100.3%), Vitamin B5: 8.5mg (84.97%), Magnesium: 295.85mg (73.96%), Potassium: 2345.43mg (67.01%), Zinc: 9.81mg (65.39%), Vitamin B12: 3.37µg (56.17%), Vitamin E: 8.28mg (55.23%), Copper: 1.05mg (52.56%), Vitamin K: 49.86µg (47.48%), Vitamin D: 5µg (33.33%)