

Jalapeno Cheddar Parmesan Cornbread Muffins

Yield: 11 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-southern-cornbread-muffins-honey-recipe>

Ingredients:

- 1 cup all-purpose flour
- 1 cup cornmeal
- 1 tablespoon baking powder
- kosher salt
- ground black pepper
- 6 tablespoons unsalted butter melted
- 1 cup buttermilk
- 2 tablespoons honey
- 2 large eggs
- 1 jalapeno seeded and diced, plus more for topping
- 1/2 cup grated Parmesan plus more for topping
- 1/2 cup shredded cheddar plus more for topping

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 65 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 350 milligrams
9. Sugar: 5 grams

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