

Cornbread Muffins

Yield: 12 min
Total Time: 30 min

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

Ingredients:

- 3/4 cup yellow cornmeal
- 1 1/4 cups all purpose flour spooned into measuring cup and leveled-off
- 1 tablespoon baking powder
- 1/2 cup sugar
- 1 teaspoon salt
- 2 large eggs
- 2 tablespoons honey
- 3/4 cup milk preferably whole but low-fat works too
- 1/2 cup unsalted butter melted and cooled

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 55 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 5 grams
8. Sodium: 350 milligrams
9. Sugar: 12 grams

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