



## Berry Cornmeal Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.3 cup butter melted
- 0.8 cup cornmeal
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 2 cups strawberries fresh chopped
- 8 ounce naturally strawberry yogurt flavored

0.5 cup sugar white

## Equipment

bowl

oven

whisk

muffin liners

## Directions

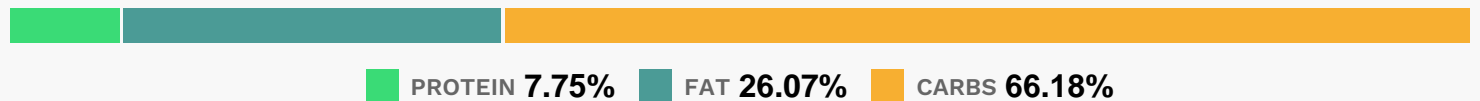
Preheat oven to 350 degrees F (175 degrees C). Lightly grease 12 muffin cups or use paper liners.

In a large bowl, sift together the flour, cornmeal, sugar, baking powder, and salt. In a separate bowl gently toss strawberries in 1/2 cup of flour mixture.

Whisk yogurt, melted butter, and egg together. Stir the yogurt mixture into the flour mixture; stir just to moisten. Fold in strawberries. Spoon batter into prepared muffin cups.

Bake in preheated oven for 25 minutes, or until a tooth pick inserted into the center of a muffin comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:32.97, Glycemic Load:16.65, Inflammation Score:-3, Nutrition Score:5.2313043708387%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 174.71kcal (8.74%), Fat: 5.14g (7.91%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.6g (10.04%), Sugar: 12.94g (14.38%), Cholesterol: 25.51mg (8.5%), Sodium: 183.72mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Vitamin C: 14.11mg (17.11%), Manganese: 0.23mg (11.45%), Phosphorus: 80.76mg (8.08%), Vitamin B1: 0.12mg (7.94%), Calcium: 78.68mg (7.87%), Selenium: 5.45µg (7.78%), Folate: 30.07µg (7.52%), Vitamin B2: 0.12mg (7.06%), Fiber: 1.75g (7.01%), Iron: 1.07mg (5.92%), Vitamin B3: 0.96mg (4.79%), Magnesium: 16.81mg (4.2%), Vitamin B6: 0.08mg (4.04%), Potassium: 119.86mg (3.42%), Zinc: 0.47mg (3.11%), Vitamin A: 146.72IU (2.93%), Copper: 0.05mg (2.7%), Vitamin B12: 0.14µg (2.32%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.26mg (1.74%)