



Brown Bread Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup cornmeal
- ☐ 0.8 cup brown sugar packed
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 cup buttermilk
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons blackstrap molasses

- ☐ 1 eggs
- ☐ 0.5 cup currants

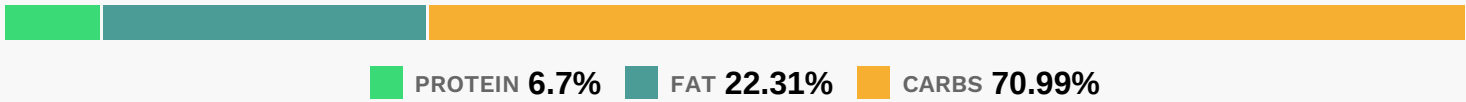
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups; spray baking cups.
- ☐ In medium bowl, mix flour, cornmeal, brown sugar, baking powder, baking soda and salt; set aside. In large bowl, beat buttermilk, melted butter, molasses and egg. Stir in flour mixture just until flour is moistened. Stir in currants. Divide batter evenly among muffin cups.
- ☐ Bake 17 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove muffins from pan to cooling rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.96, Glycemic Load:14.08, Inflammation Score:-3, Nutrition Score:5.3939130630182%

Nutrients (% of daily need)

Calories: 213.45kcal (10.67%), Fat: 5.38g (8.27%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 37.18g (13.52%), Sugar: 20.7g (23%), Cholesterol: 15.84mg (5.28%), Sodium: 256.87mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Manganese: 0.24mg (11.95%), Selenium: 8.36µg

(11.95%), Vitamin B1: 0.16mg (10.99%), Folate: 34.35µg (8.59%), Vitamin B2: 0.14mg (8.52%), Iron: 1.4mg (7.77%), Calcium: 72.39mg (7.24%), Phosphorus: 71.96mg (7.2%), Vitamin B3: 1.25mg (6.26%), Magnesium: 24.66mg (6.17%), Potassium: 185.76mg (5.31%), Vitamin B6: 0.11mg (5.28%), Fiber: 1.31g (5.24%), Vitamin A: 226.34IU (4.53%), Copper: 0.09mg (4.34%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.29mg (2.92%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.13µg (2.16%), Vitamin E: 0.24mg (1.6%)