



## Brown Butter Pineapple Corn Muffins

 Vegetarian

READY IN



100 min.

SERVINGS



12

CALORIES



214 kcal

BREAD

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 2 large eggs
- 1 cup flour all-purpose
- 0.8 cup pineapple dried sweetened chopped
- 0.5 teaspoon salt
- 0.5 cup butter unsalted
- 1 cup cornmeal yellow

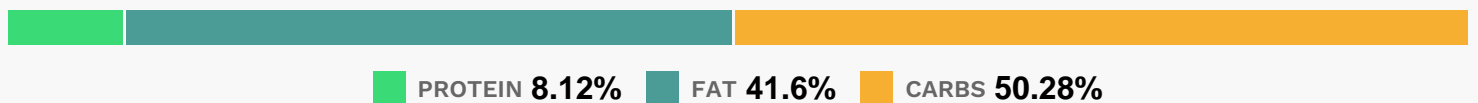
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- toothpicks
- muffin liners
- muffin tray

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a muffin pan with paper muffin liners, and lightly spray liners with cooking spray.
- Melt butter in a heavy saucepan over medium heat until golden brown.
- Remove from heat and stir in pineapple. Set aside to steep for 20 minutes.
- Whisk flour, cornmeal, baking soda, and salt until combined. Set aside.
- Combine buttermilk, eggs, and pineapple mixture in a large bowl.
- Whisk until smooth, about 1 minute.
- Add flour mixture to buttermilk mixture; whisk until just combined.
- Divide batter evenly between the prepared muffin cups and bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 25 minutes. Cool in the pan for 5 minutes before removing to cool completely on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:14.54, Glycemic Load:11.82, Inflammation Score:-3, Nutrition Score:5.0104347415592%

## Nutrients (% of daily need)

Calories: 214.23kcal (10.71%), Fat: 10.01g (15.4%), Saturated Fat: 5.65g (35.34%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 25.45g (9.26%), Sugar: 8.87g (9.85%), Cholesterol: 53.54mg (17.85%), Sodium: 177.11mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Selenium: 7.72µg (11.03%), Vitamin B1: 0.13mg (8.98%), Vitamin B2: 0.14mg (8.2%), Manganese: 0.16mg (7.99%), Phosphorus: 76.83mg (7.68%), Folate: 28.77µg (7.19%), Fiber: 1.77g (7.07%), Iron: 1.2mg (6.69%), Vitamin A: 314.36IU (6.29%), Vitamin B6: 0.1mg (5.22%), Magnesium: 19.66mg (4.92%), Vitamin B3: 0.97mg (4.85%), Zinc: 0.68mg (4.51%), Vitamin D: 0.57µg (3.79%), Calcium: 37.11mg (3.71%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.18µg (3.04%), Copper: 0.06mg (2.98%), Potassium: 94.6mg (2.7%), Vitamin E: 0.38mg (2.51%), Vitamin C: 1.43mg (1.73%)