



## Buttermilk Corn Muffins

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**12**

CALORIES



**201 kcal**

### Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter melted
- 1 cup buttermilk
- 1.8 cups cornmeal
- 2 eggs slightly beaten
- 0.3 cup sugar
- 1 cup frangelico
- 1 cup frangelico

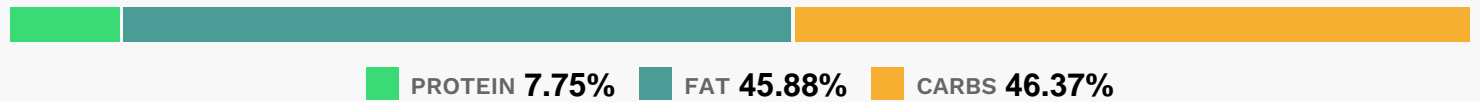
### Equipment

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

## Directions

- Heat oven to 400F. Line 12 muffin cups with paper baking cups, or grease bottoms only of muffin cups with shortening.
- In large bowl, stir all ingredients until blended. Divide batter evenly among muffin cups.
- Bake muffins 14 to 17 minutes or until golden brown.
- Remove from pan to wire rack.

## Nutrition Facts



## Properties

Glycemic Index:14.13, Glycemic Load:14.27, Inflammation Score:-4, Nutrition Score:4.516086977947%

## Nutrients (% of daily need)

Calories: 201.32kcal (10.07%), Fat: 10.35g (15.93%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 21.37g (7.77%), Sugar: 6.91g (7.68%), Cholesterol: 29.48mg (9.83%), Sodium: 212.79mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.87%), Fiber: 2.18g (8.72%), Phosphorus: 85.87mg (8.59%), Vitamin A: 410.92IU (8.22%), Vitamin B6: 0.16mg (7.87%), Manganese: 0.15mg (7.59%), Magnesium: 27.97mg (6.99%), Selenium: 4.42µg (6.31%), Zinc: 0.89mg (5.93%), Vitamin B2: 0.09mg (5.53%), Vitamin B1: 0.08mg (5.52%), Iron: 0.83mg (4.61%), Vitamin B5: 0.33mg (3.34%), Copper: 0.07mg (3.34%), Potassium: 115.87mg (3.31%), Calcium: 31.39mg (3.14%), Vitamin E: 0.47mg (3.13%), Folate: 12.43µg (3.11%), Vitamin B3: 0.6mg (2.99%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.41µg (2.71%)