



Buttermilk Corn Muffins

READY IN



25 min.

SERVINGS



12

CALORIES



244 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 baking mix original bisquick®

Equipment

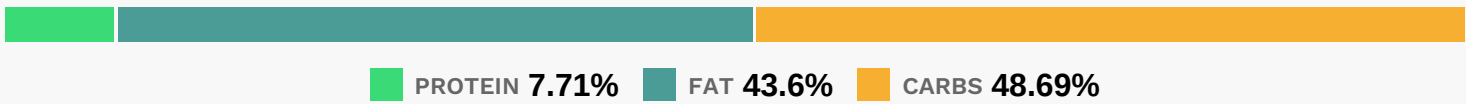
- ☐ bowl

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

Directions

- ☐ Heat oven to 400°F. 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:5.800434778404%

Nutrients (% of daily need)

Calories: 244.12kcal (12.21%), Fat: 11.89g (18.3%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 27.49g (10%), Sugar: 8.07g (8.97%), Cholesterol: 29.68mg (9.89%), Sodium: 340.39mg (14.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Phosphorus: 144.37mg (14.44%), Fiber: 2.39g (9.56%), Vitamin B1: 0.14mg (9.36%), Manganese: 0.19mg (9.29%), Vitamin B6: 0.16mg (8.25%), Vitamin A: 411.32IU (8.23%), Vitamin B2: 0.14mg (8.1%), Magnesium: 30.47mg (7.62%), Selenium: 5.17µg (7.38%), Zinc: 0.95mg (6.33%), Folate: 24.92µg (6.23%), Iron: 1.11mg (6.15%), Vitamin B3: 1.05mg (5.26%), Calcium: 49.29mg (4.93%), Vitamin B5: 0.42mg (4.23%), Copper: 0.08mg (4.11%), Potassium: 132.17mg (3.78%), Vitamin B12: 0.21µg (3.43%), Vitamin E: 0.48mg (3.22%), Vitamin D: 0.41µg (2.71%)