



Buttermilk Cornbread Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup lowfat buttermilk
- 1 cup cornmeal
- 2 eggs beaten
- 1 cup flour all-purpose
- 0.3 cup honey
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a large bowl, combine the cornmeal, flour, baking powder, and soda.
- Combine eggs, buttermilk, honey, and oil; add slowly to the dry ingredients.
- Mix until blended.
- Pour into non-stick muffin cups, making them about two-thirds full.
- Bake until golden, about 20 to 25 minutes.
- Remove the muffins from the pan and cool completely.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:14.94, Inflammation Score:-2, Nutrition Score:4.7100000397667%

Nutrients (% of daily need)

Calories: 150.44kcal (7.52%), Fat: 4.34g (6.68%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 22.85g (8.31%), Sugar: 6.79g (7.55%), Cholesterol: 28.93mg (9.64%), Sodium: 189.05mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Selenium: 7.19µg (10.27%), Vitamin B1: 0.13mg (8.77%), Phosphorus: 83.22mg (8.32%), Manganese: 0.16mg (8.22%), Vitamin B2: 0.13mg (7.4%), Folate: 27.91µg (6.98%), Calcium: 63.31mg (6.33%), Iron: 1.12mg (6.2%), Fiber: 1.54g (6.17%), Vitamin B6: 0.1mg (5.12%), Vitamin B3: 0.97mg (4.85%), Magnesium: 19.17mg (4.79%), Zinc: 0.65mg (4.34%), Vitamin K: 4.29µg (4.09%), Vitamin B5: 0.3mg (2.99%), Copper: 0.06mg (2.94%), Potassium: 87.99mg (2.51%), Vitamin D: 0.34µg (2.28%), Vitamin B12: 0.13µg (2.24%), Vitamin E: 0.33mg (2.19%), Vitamin A: 64.35IU (1.29%)