



Chive and dill muffins

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour
- 1 cup cornmeal yellow
- 1 Tbs sugar
- 2 tsp double-acting baking powder
- 1 tsp salt
- 0.5 tsp baking soda
- 0.5 tsp ground pepper
- 0.3 cup chives fresh chopped

- 1.5 cups yogurt plain
- 2 large eggs
- 3 Tbs butter melted

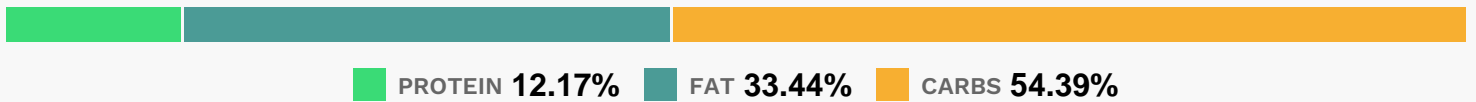
Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Whisk flour, cornmeal, sugar, baking powder, salt, baking soda, and cayenne pepper in medium bowl. Stir in chives and dill.
- Whisk yogurt, eggs, and melted butter in another medium bowl.
- Add yogurt mixture to dry ingredients and stir just until blended.
- Divide batter among greased (or silicone) muffin cups, using about 1/3 cup batter for each standard muffin cup.
- Bake at 220C for 20 minutes or until muffins are puffed and golden (trick with a toothpick).
- Let muffins cool in muffin cups, then remove from the cups and serve warm.

Nutrition Facts



Properties

Glycemic Index:45.16, Glycemic Load:15.23, Inflammation Score:-3, Nutrition Score:6.3565217391304%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Taste

Sweetness: 29.47%, Saltiness: 29.7%, Sourness: 100%, Bitterness: 18.16%, Savoriness: 23.97%, Fattiness: 79.09%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 179.51kcal (8.98%), Fat: 6.68g (10.28%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 22.58g (8.21%), Sugar: 3.26g (3.62%), Cholesterol: 51.14mg (17.05%), Sodium: 452.45mg (19.67%), Protein: 5.47g (10.94%), Selenium: 9.14µg (13.06%), Phosphorus: 126.01mg (12.6%), Calcium: 109.19mg (10.92%), Vitamin B1: 0.16mg (10.78%), Vitamin B2: 0.18mg (10.48%), Manganese: 0.2mg (9.89%), Folate: 36.83µg (9.21%), Iron: 1.38mg (7.65%), Fiber: 1.88g (7.53%), Vitamin B6: 0.13mg (6.59%), Magnesium: 26.27mg (6.57%), Zinc: 0.94mg (6.26%), Vitamin B3: 1.18mg (5.91%), Vitamin A: 277.82IU (5.56%), Vitamin B5: 0.45mg (4.54%), Potassium: 141.39mg (4.04%), Vitamin B12: 0.23µg (3.87%), Copper: 0.07mg (3.46%), Vitamin K: 2.67µg (2.55%), Vitamin E: 0.32mg (2.14%), Vitamin D: 0.24µg (1.58%), Vitamin C: 0.83mg (1.01%)