



## Cook the Book: Corniest Corn Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

BREAD

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 3 tablespoons corn oil
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt

- ☐ 6 tablespoons sugar
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 1 cup cornmeal yellow stone-ground

## Equipment

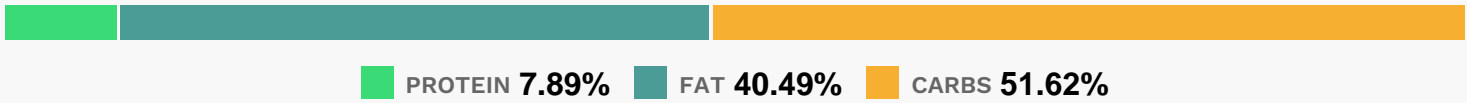
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ spatula
- ☐ muffin liners
- ☐ measuring cup
- ☐ muffin tray
- ☐ silicone muffin tray

## Directions

- ☐ Center a rack in the oven and preheat the oven to 400 degrees F. Butter or spray the 12 molds in a regular-size muffin pan or fit the molds with paper muffin cups. Alternatively, use a silicone muffin pan, which needs neither greasing nor paper cups.
- ☐ Place the muffin pan on a baking sheet.
- ☐ In a large bowl, whisk together the flour, cornmeal, sugar, baking powder, baking soda, salt and nutmeg, if you're using it. In a large glass measuring cup or another bowl, whisk the buttermilk, melted butter, oil, egg and yolk together until well blended.
- ☐ Pour the liquid ingredients over the dry ingredients and, with the whisk or a rubber spatula, gently but quickly stir to blend. Don't worry about being thorough—the batter will be lumpy, and that's just the way it should be. Stir in the corn kernels. Divide the batter evenly among the muffin cups.
- ☐ Bake for 15 to 18 minutes, or until the tops are golden and a thin knife inserted into the center of the muffins comes out clean.

Transfer the pan to a rack and cool for 5 minutes before carefully removing each muffin from its mold.

## Nutrition Facts



## Properties

Glycemic Index:28.05, Glycemic Load:16.22, Inflammation Score:-2, Nutrition Score:4.9852174157682%

## Nutrients (% of daily need)

Calories: 191.29kcal (9.56%), Fat: 8.67g (13.34%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 23.35g (8.49%), Sugar: 7.22g (8.03%), Cholesterol: 40.53mg (13.51%), Sodium: 236.81mg (10.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Selenium: 7.21µg (10.3%), Phosphorus: 90.94mg (9.09%), Vitamin B1: 0.14mg (9.02%), Manganese: 0.16mg (7.97%), Calcium: 79.44mg (7.94%), Vitamin B2: 0.13mg (7.47%), Folate: 28.7µg (7.17%), Fiber: 1.53g (6.11%), Iron: 1.09mg (6.07%), Vitamin B6: 0.1mg (5.11%), Vitamin E: 0.75mg (5%), Vitamin B3: 0.97mg (4.83%), Magnesium: 19.34mg (4.83%), Zinc: 0.65mg (4.33%), Vitamin A: 163.39IU (3.27%), Vitamin D: 0.47µg (3.15%), Vitamin B5: 0.31mg (3.11%), Copper: 0.06mg (2.86%), Vitamin B12: 0.16µg (2.71%), Potassium: 89.25mg (2.55%), Vitamin K: 1.86µg (1.77%)