



Corn and Zucchini Muffins

READY IN



30 min.

SERVINGS



100

CALORIES



18 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons canola oil
- ☐ 1 cup self-rising cornmeal mix
- ☐ 1 large eggs
- ☐ 0.8 cup corn kernels fresh (3 small ears)
- ☐ 0.3 cup milk 1% low-fat
- ☐ 2 tablespoons onion minced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 1 cup flour whole wheat
- ☐ 6 ounce carton yogurt plain fat-free
- ☐ 1 cup zucchini shredded

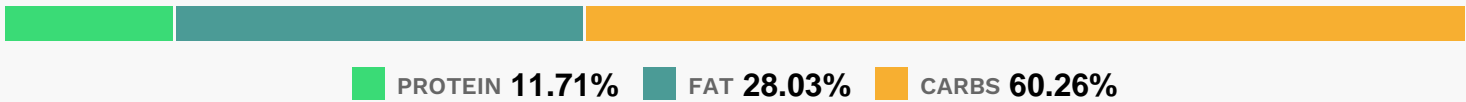
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon flour and cornmeal mix into dry measuring cups; level with a knife.
- ☐ Combine flour, cornmeal mix, sugar, baking soda, and salt in a large bowl; stir with a whisk. Make a well in center of mixture.
- ☐ Combine yogurt and next 3 ingredients in a small bowl; stir with a whisk.
- ☐ Add zucchini, corn, and onion; stir.
- ☐ Add vegetable mixture to flour mixture, stirring just until moist.
- ☐ Spoon batter evenly into 12 muffin cups coated with cooking spray; coat batter with cooking spray.
- ☐ Bake at 425 for 15 minutes or until muffins spring back when touched lightly in center.

Nutrition Facts



Properties

Glycemic Index:1.12, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.89434783452231%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 17.86kcal (0.89%), Fat: 0.58g (0.89%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.52g (0.58%), Cholesterol: 1.93mg (0.64%), Sodium: 33.6mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Manganese: 0.06mg (3.1%), Phosphorus: 21.32mg (2.13%), Folate: 6.26µg (1.57%), Vitamin B1: 0.02mg (1.46%), Selenium: 0.98µg (1.41%), Vitamin B2: 0.02mg (1.09%), Fiber: 0.27g (1.09%), Calcium: 10.42mg (1.04%)