



Corn Bread Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 2 tablespoons butter melted
- 1 large eggs lightly beaten
- 0.8 cup flour all-purpose
- 1 cup buttermilk low-fat
- 0.3 teaspoon salt
- 1 cup cornmeal yellow

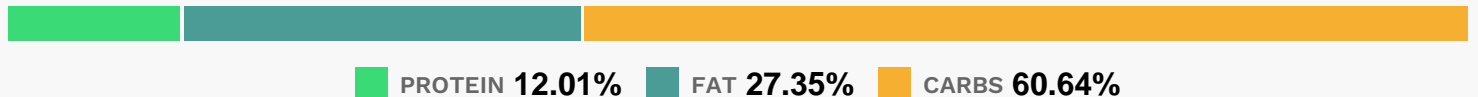
Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- muffin liners
- measuring cup

Directions

- Preheat oven to 40
- Lightly spoon the cornmeal and flour into measuring cups; level with a knife.
- Combine cornmeal, flour, baking powder, baking soda, and salt in a large bowl, stirring with a whisk.
- Combine buttermilk, butter, and egg.
- Pour buttermilk mixture into cornmeal mixture; stir just until moist.
- Spoon the batter evenly into 6 muffin cups coated with cooking spray.
- Bake at 400 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:47.58, Glycemic Load:20.41, Inflammation Score:-3, Nutrition Score:7.5982608821081%

Nutrients (% of daily need)

Calories: 220.54kcal (11.03%), Fat: 6.72g (10.33%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 30.58g (11.12%), Sugar: 2.41g (2.67%), Cholesterol: 42.63mg (14.21%), Sodium: 350.91mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Phosphorus: 151.63mg (15.16%), Selenium:

10.29µg (14.71%), Vitamin B1: 0.22mg (14.62%), Manganese: 0.28mg (14%), Vitamin B2: 0.2mg (11.95%), Fiber: 2.91g (11.66%), Calcium: 114.94mg (11.49%), Folate: 43.66µg (10.92%), Iron: 1.8mg (9.97%), Vitamin B6: 0.19mg (9.56%), Magnesium: 37.56mg (9.39%), Zinc: 1.21mg (8.07%), Vitamin B3: 1.61mg (8.04%), Potassium: 175.29mg (5.01%), Copper: 0.1mg (4.86%), Vitamin B5: 0.47mg (4.69%), Vitamin A: 180.42IU (3.61%), Vitamin B12: 0.17µg (2.84%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.17µg (1.11%)