



Corn Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



207 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter melted
- 1 cup buttermilk
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 teaspoon salt
- 0.5 cup sugar white
- 1 cup cornmeal yellow

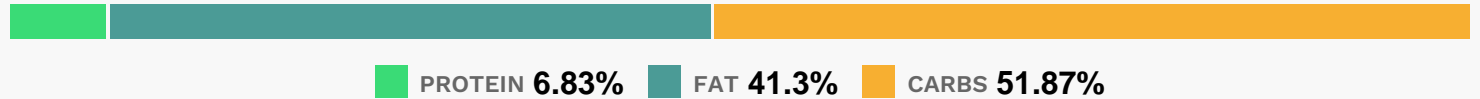
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups.
- Mix flour, cornmeal, sugar, baking powder, and salt in a large bowl.
- Add buttermilk, butter, and egg; mix well. Spoon the batter into the prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 12 to 15 minutes. Cool in the pans 10 to 15 minutes before removing from pan to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:17.81, Inflammation Score:-3, Nutrition Score:4.6234782882359%

Nutrients (% of daily need)

Calories: 206.69kcal (10.33%), Fat: 9.59g (14.75%), Saturated Fat: 5.51g (34.44%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 25.57g (9.3%), Sugar: 9.55g (10.61%), Cholesterol: 36.18mg (12.06%), Sodium: 352.3mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Selenium: 6.34µg (9.05%), Vitamin B1: 0.13mg (8.86%), Phosphorus: 82.2mg (8.22%), Manganese: 0.16mg (7.94%), Vitamin B2: 0.12mg (7.04%), Calcium: 69.06mg (6.91%), Folate: 26.57µg (6.64%), Fiber: 1.53g (6.11%), Vitamin A: 289.16IU (5.78%), Iron: 1.03mg (5.73%), Vitamin B3: 0.97mg (4.83%), Magnesium: 19.28mg (4.82%), Vitamin B6: 0.1mg (4.82%), Zinc: 0.62mg (4.11%), Copper: 0.06mg (2.78%), Vitamin B5: 0.27mg (2.67%), Potassium: 88.48mg (2.53%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.33µg (2.22%), Vitamin E: 0.33mg (2.18%)