



Corn Muffins

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



397 kcal

BREAD

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 cup cornmeal
- ☐ 2 extra large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons salt
- ☐ 1 cup sugar
- ☐ 0.5 pound butter unsalted cooled melted
- ☐ 1.5 cups milk whole

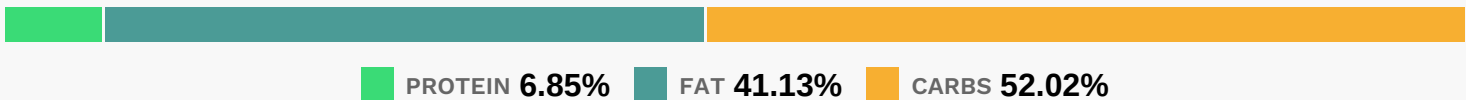
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Line 12 muffin cups with paper liners. In the bowl of an electric mixer fitted with a paddle attachment, mix the flour, sugar, cornmeal, baking powder, and salt. In a separate bowl, combine the milk, melted butter, and eggs. With the mixer on the lowest speed, pour the wet ingredients into the dry ones and stir until they are just blended. Spoon the batter into the paper liners, filling each one to the top.
- ☐ Bake for 30 minutes, until the tops are crisp and a toothpick comes out clean. Cool slightly and remove from the pan.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:35.7, Inflammation Score:-5, Nutrition Score:9.2982609479324%

Nutrients (% of daily need)

Calories: 397.01kcal (19.85%), Fat: 18.33g (28.2%), Saturated Fat: 10.75g (67.22%), Carbohydrates: 52.16g (17.39%), Net Carbohydrates: 50.07g (18.21%), Sugar: 18.44g (20.49%), Cholesterol: 79.01mg (26.34%), Sodium: 530.93mg (23.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Selenium: 15.13µg (21.61%), Vitamin B1: 0.31mg (20.45%), Calcium: 170.63mg (17.06%), Folate: 66.65µg (16.66%), Phosphorus: 161.2mg (16.12%), Vitamin B2:

0.26mg (15.35%), Manganese: 0.3mg (15.21%), Iron: 2.24mg (12.47%), Vitamin A: 572.11IU (11.44%), Vitamin B3: 2.22mg (11.1%), Fiber: 2.09g (8.37%), Magnesium: 26.76mg (6.69%), Vitamin B6: 0.13mg (6.35%), Zinc: 0.89mg (5.96%), Vitamin D: 0.81µg (5.37%), Vitamin B5: 0.49mg (4.93%), Vitamin B12: 0.28µg (4.66%), Copper: 0.09mg (4.44%), Vitamin E: 0.62mg (4.13%), Potassium: 140.06mg (4%), Vitamin K: 1.56µg (1.49%)