



Corn Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup egg substitute
- ☐ 2 egg whites
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 cup milk 1% low-fat
- ☐ 2 tablespoons bell pepper red minced
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil

- ☐ 11 ounce kernel corn sweet whole drained canned
- ☐ 1 cup cornmeal yellow

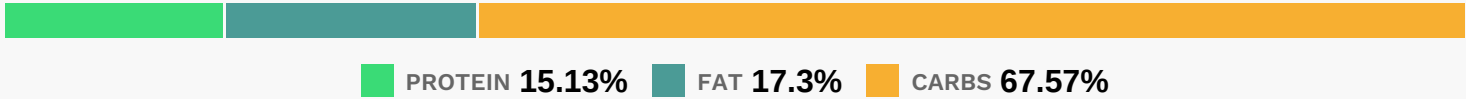
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 7 ingredients in a large bowl; make a well in center of mixture.
- ☐ Stir together milk and next 3 ingredients.
- ☐ Add to flour mixture, stirring just until moistened. Spoon into muffin pans coated with cooking spray, filling two-thirds full.
- ☐ Bake at 375 for 20 minutes.
- ☐ Remove muffins from pans immediately, and cool slightly on wire racks.

Nutrition Facts



Properties

Glycemic Index:24.96, Glycemic Load:11.79, Inflammation Score:-3, Nutrition Score:5.5969565018364%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 132.85kcal (6.64%), Fat: 2.55g (3.92%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 20.82g (7.57%), Sugar: 1.27g (1.41%), Cholesterol: 0.74mg (0.25%), Sodium: 376.91mg (16.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Selenium: 9.77µg (13.96%), Vitamin B1: 0.15mg (9.8%), Phosphorus: 97.29mg (9.73%), Vitamin B2: 0.15mg (8.86%), Calcium: 88.16mg (8.82%), Manganese: 0.18mg (8.76%), Folate: 33.96µg (8.49%), Iron: 1.26mg (7%), Fiber: 1.57g (6.29%), Vitamin B3: 1.2mg (6%), Magnesium: 23.67mg (5.92%), Vitamin B6: 0.11mg (5.53%), Zinc: 0.72mg (4.83%), Potassium: 141.21mg (4.03%), Vitamin B5: 0.36mg (3.58%), Vitamin C: 2.51mg (3.04%), Copper: 0.06mg (2.96%), Vitamin A: 117.28IU (2.35%), Vitamin E: 0.35mg (2.31%), Vitamin K: 2.29µg (2.18%), Vitamin D: 0.32µg (2.15%), Vitamin B12: 0.13µg (2.14%)