



Corn-Oat Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup egg substitute
- ☐ 1.3 cups nonfat buttermilk low-fat
- ☐ 0.5 cup regular oats
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup flour whole wheat

☐

0.5 cup cornmeal yellow

Equipment

☐

bowl

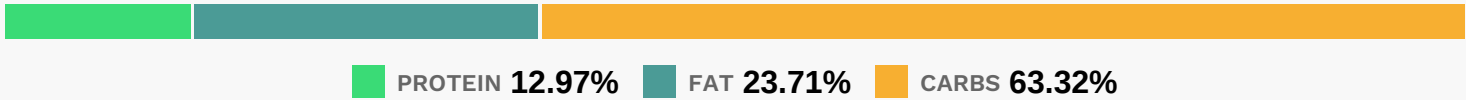
☐

oven

Directions

- ☐
- Preheat oven to 40
- ☐
- Combine first 3 ingredients in a medium bowl; let stand 1 hour. Stir in egg substitute, brown sugar, and oil.
- ☐
- Combine flour and next 3 ingredients in a large bowl, and make a well in center of mixture.
- ☐
- Add buttermilk mixture to flour mixture, stirring just until dry ingredients are moistened.
- ☐
- Spoon batter into muffin pans coated with cooking spray, filling two-thirds full.
- ☐
- Bake at 400 for 20 minutes or until golden.
- ☐
- Remove muffins from pans immediately.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:4.9100000087334%

Nutrients (% of daily need)

Calories: 115.62kcal (5.78%), Fat: 3.13g (4.81%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 16.75g (6.09%), Sugar: 4.42g (4.91%), Cholesterol: 0.49mg (0.16%), Sodium: 163.51mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Manganese: 0.57mg (28.71%), Selenium: 9.66µg (13.79%), Fiber: 2.03g (8.14%), Phosphorus: 75.48mg (7.55%), Magnesium: 26.56mg (6.64%), Vitamin B1: 0.09mg (6.11%), Iron: 0.86mg (4.78%), Vitamin B6: 0.09mg (4.55%), Zinc: 0.64mg (4.26%), Vitamin K: 4.45µg (4.24%), Copper: 0.07mg (3.64%), Vitamin B3: 0.71mg (3.54%), Calcium: 34.51mg (3.45%), Vitamin B2: 0.05mg (2.78%), Vitamin E: 0.37mg (2.5%), Potassium: 84.58mg (2.42%), Vitamin B5: 0.22mg (2.25%), Folate: 8.56µg (2.14%)