

Cornbread Muffins II

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 1.8 cups cornmeal
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil

☐ 0.3 cup sugar white

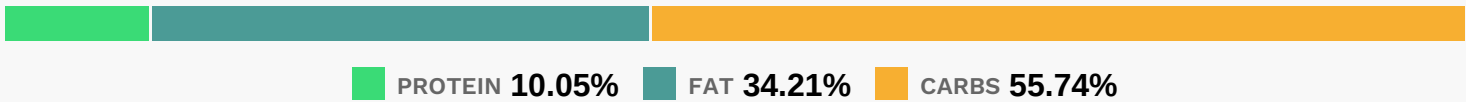
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease or line 12 muffin cups.
- ☐ In a large bowl, mix together cornmeal, all-purpose flour, baking powder, baking soda, salt and sugar. In a separate bowl, combine buttermilk, eggs and vegetable oil; beat well.
- ☐ Pour buttermilk mixture into flour mixture; stir until blended.
- ☐ Pour batter into prepared muffin cups.
- ☐ Bake in preheated oven for 15 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.05, Glycemic Load:18.25, Inflammation Score:-3, Nutrition Score:6.7839129904042%

Nutrients (% of daily need)

Calories: 209.66kcal (10.48%), Fat: 8.02g (12.33%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 27g (9.82%), Sugar: 6.52g (7.24%), Cholesterol: 31.68mg (10.56%), Sodium: 411.46mg (17.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Phosphorus: 138.34mg (13.83%), Calcium: 131.18mg (13.12%), Selenium: 7.8µg (11.14%), Manganese: 0.21mg (10.32%), Vitamin B1: 0.15mg (10.17%), Vitamin B2: 0.16mg (9.6%), Fiber: 2.39g (9.57%), Vitamin B6: 0.17mg (8.36%), Vitamin K: 8.56µg (8.16%), Magnesium: 31.77mg (7.94%), Iron: 1.35mg (7.49%), Folate: 27.63µg (6.91%), Zinc: 1.02mg (6.81%), Vitamin B3: 1.08mg (5.38%), Vitamin D: 0.67µg (4.44%), Vitamin B5: 0.44mg (4.37%), Potassium: 147.53mg (4.22%), Copper: 0.08mg (4.16%), Vitamin B12: 0.25µg (4.15%), Vitamin E: 0.57mg (3.78%), Vitamin A: 105.6IU (2.11%)