



Cornbread Muffins with Maple Butter

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 3.5 tablespoons maple syrup pure (preferably grade B)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup unbleached all purpose flour
- ☐ 5 tablespoons butter unsalted cooled melted

☐ 1 cup cornmeal yellow

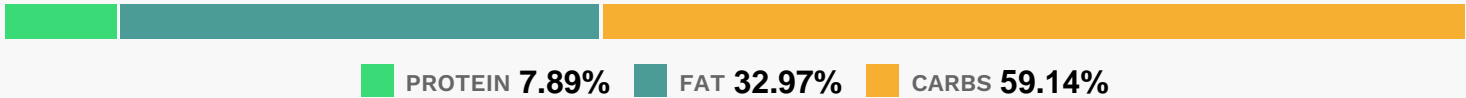
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Using electric mixer, beat butter in medium bowl until creamy. Gradually beat in maple syrup until well blended and smooth. DO AHEAD Can be made 1 week ahead. Cover and refrigerate.
- ☐ Preheat oven to 375°F. Butter 12 regular (1/3-cup) muffin cups. Sift cornmeal, flour, sugar, baking powder, and salt into medium bowl.
- ☐ Whisk buttermilk and egg in another medium bowl; whisk in melted butter.
- ☐ Add buttermilk mixture to dry ingredients; stir just until incorporated (do not overmix). Divide batter equally among prepared muffin cups.
- ☐ Bake muffins until tester inserted into center comes out clean, about 15 minutes (muffins will be pale). Cool on rack 10 minutes.
- ☐ Serve with maple butter.

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:10.66, Inflammation Score:-3, Nutrition Score:5.2491304459779%

Nutrients (% of daily need)

Calories: 181.3kcal (9.07%), Fat: 6.68g (10.28%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 25.45g (9.25%), Sugar: 8.88g (9.87%), Cholesterol: 30.24mg (10.08%), Sodium: 183.31mg (7.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Manganese: 0.29mg (14.64%), Vitamin B2: 0.19mg (11.42%), Calcium: 94.28mg (9.43%), Selenium: 6.43µg (9.19%), Vitamin B1: 0.14mg (9.12%), Phosphorus: 89.62mg

(8.96%), Folate: 26.7µg (6.68%), Fiber: 1.53g (6.11%), Iron: 1.08mg (5.99%), Magnesium: 20.58mg (5.15%), Vitamin B6: 0.1mg (4.86%), Vitamin B3: 0.97mg (4.85%), Zinc: 0.66mg (4.4%), Vitamin A: 201.48IU (4.03%), Potassium: 101.38mg (2.9%), Vitamin D: 0.43µg (2.87%), Copper: 0.06mg (2.82%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.14µg (2.32%), Vitamin E: 0.27mg (1.77%)