



Cornmeal-Cheddar Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup buttermilk fat-free
- ☐ 1.8 cups flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 ounces cheddar cheese shredded divided reduced-fat
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons butter unsalted chilled cut into small pieces
- ☐ 0.3 cup water
- ☐ 0.3 cup cornmeal yellow

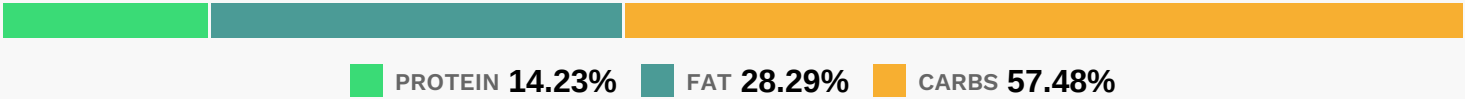
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ ziploc bags
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, baking soda, salt, and pepper in a large bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in 3 tablespoons cheese.
- ☐ Combine buttermilk, water, and egg, stirring with a whisk.
- ☐ Add buttermilk mixture to flour mixture; stir just until moistened.
- ☐ Divide batter evenly among 10 muffin cups coated with cooking spray.
- ☐ Sprinkle batter evenly with remaining cheese.
- ☐ Bake at 350 for 30 minutes or until muffins spring back when touched lightly in center. Cool muffins completely on a wire rack.
- ☐ Place in heavy-duty zip-top plastic bags, and freeze for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:13.96, Inflammation Score:-2, Nutrition Score:4.7030434621417%

Nutrients (% of daily need)

Calories: 148.9kcal (7.44%), Fat: 4.63g (7.13%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 20.2g (7.35%), Sugar: 1.35g (1.5%), Cholesterol: 29mg (9.67%), Sodium: 205.35mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.49%), Selenium: 9.85µg (14.07%), Vitamin B1: 0.19mg (12.43%), Folate: 44.35µg (11.09%), Manganese: 0.18mg (8.86%), Vitamin B2: 0.15mg (8.57%), Phosphorus: 77.28mg (7.73%), Iron: 1.31mg (7.27%), Vitamin B3: 1.4mg (7%), Calcium: 63.56mg (6.36%), Fiber: 0.97g (3.89%), Vitamin A: 151.16IU (3.02%), Zinc: 0.42mg (2.82%), Magnesium: 10.69mg (2.67%), Copper: 0.05mg (2.37%), Vitamin B6: 0.04mg (2.21%), Vitamin B5: 0.21mg (2.09%), Potassium: 47.56mg (1.36%), Vitamin E: 0.19mg (1.25%), Vitamin B12: 0.07µg (1.21%), Vitamin D: 0.17µg (1.12%)