



Cornmeal Millet Poppy Seed Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup honey
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 cup milk

- ☐ 0.8 cup millet
- ☐ 1.5 tablespoons poppy seeds
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon vanilla extract
- ☐ 3 tablespoons sugar white
- ☐ 0.5 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread millet on a baking sheet.
- ☐ Bake in the preheated oven, stirring often, until toasted and fragrant, about 10 minutes.
- ☐ Remove from oven and cool, about 5 minutes.
- ☐ Increase oven temperature to 400 degrees F (200 degrees C). Grease 12 muffin cups.
- ☐ Mix millet, flour, cornmeal, poppy seeds, 3 tablespoons sugar, lemon rind, baking powder, baking soda, and salt together in a bowl.
- ☐ Whisk milk, honey, canola oil, egg, and vanilla extract together in a separate bowl. Stir milk mixture into flour mixture until just combined.
- ☐ Pour batter into the prepared muffin cups; sprinkle 1 tablespoon sugar over batter.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean and tops are golden, 12 to 15 minutes.

Nutrition Facts



 **PROTEIN 8.71%**  **FAT 28.27%**  **CARBS 63.02%**

Properties

Glycemic Index:39.32, Glycemic Load:22.82, Inflammation Score:-3, Nutrition Score:7.106086930503%

Nutrients (% of daily need)

Calories: 228.36kcal (11.42%), Fat: 7.22g (11.1%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 33.79g (12.29%), Sugar: 10.02g (11.13%), Cholesterol: 16.08mg (5.36%), Sodium: 153.01mg (6.65%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 5g (10.01%), Manganese: 0.44mg (21.84%), Vitamin B1: 0.22mg (14.53%), Phosphorus: 114.48mg (11.45%), Selenium: 7.78µg (11.11%), Folate: 44.32µg (11.08%), Vitamin B2: 0.17mg (9.97%), Fiber: 2.39g (9.58%), Iron: 1.56mg (8.64%), Vitamin B3: 1.72mg (8.61%), Magnesium: 31.92mg (7.98%), Copper: 0.16mg (7.85%), Calcium: 72.65mg (7.26%), Vitamin E: 0.93mg (6.18%), Vitamin B6: 0.12mg (5.9%), Zinc: 0.76mg (5.08%), Vitamin B5: 0.36mg (3.56%), Vitamin K: 3.57µg (3.4%), Potassium: 111.07mg (3.17%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.3µg (1.98%), Vitamin A: 52.99IU (1.06%)