



Cornmeal Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup egg substitute
- 1 cup flour all-purpose
- 1.5 cups nonfat buttermilk
- 0.5 teaspoon salt
- 3 tablespoons vegetable oil
- 1 cup cornmeal yellow

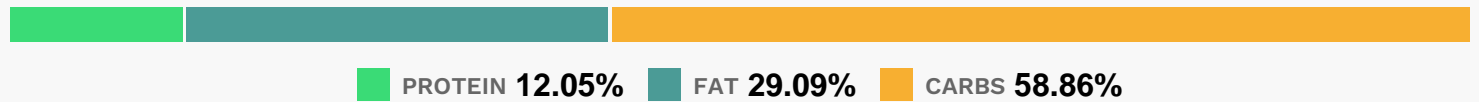
Equipment

- bowl
- oven
- muffin liners

Directions

- Preheat oven to 42
- Combine first 6 ingredients in a bowl; make a well in center of mixture.
- Combine buttermilk, egg substitute, and oil; add to dry ingredients, stirring just until dry ingredients are moistened.
- Spoon batter into 12 muffin cups coated with cooking spray, filling three-fourths full.
- Bake at 425 for 14 minutes or until golden.
- Remove muffins from pans immediately, and serve warm.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:11.68, Inflammation Score:-2, Nutrition Score:4.0417391048825%

Nutrients (% of daily need)

Calories: 132.84kcal (6.64%), Fat: 4.28g (6.59%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 17.97g (6.53%), Sugar: 1.81g (2.02%), Cholesterol: 0.59mg (0.2%), Sodium: 296.66mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Selenium: 6.39µg (9.13%), Vitamin B1: 0.13mg (8.5%), Manganese: 0.16mg (7.83%), Fiber: 1.53g (6.11%), Folate: 24.37µg (6.09%), Vitamin K: 6.32µg (6.02%), Phosphorus: 59.27mg (5.93%), Iron: 1.05mg (5.85%), Calcium: 49.09mg (4.91%), Vitamin B2: 0.08mg (4.89%), Vitamin B3: 0.95mg (4.75%), Vitamin B6: 0.09mg (4.47%), Magnesium: 17.4mg (4.35%), Zinc: 0.53mg (3.55%), Vitamin E: 0.41mg (2.75%), Copper: 0.05mg (2.42%), Vitamin B5: 0.21mg (2.07%), Potassium: 64.61mg (1.85%)