



Cornmeal Yeast Muffins

READY IN



45 min.

SERVINGS



18

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 0.3 cup egg substitute
- ☐ 0.8 cup milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups flour all-purpose divided
- ☐ 2 tablespoons butter reduced-calorie
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons vegetable oil

- ☐ 0.3 cup warm water (105° to 115°)
- ☐ 0.8 cup cornmeal plain yellow

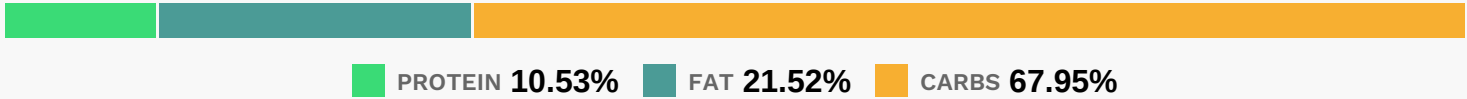
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Combine first 4 ingredients in a saucepan; heat until margarine melts. Cool to 105 to 11
- ☐ Combine yeast and warm water; let stand 5 minutes.
- ☐ Combine 1 cup flour, cornmeal, and salt in a mixing bowl; add milk mixture, yeast mixture, and egg substitute. Beat at medium speed of an electric mixer until smooth. Stir in enough of 2 cups flour to make a soft dough.
- ☐ Sprinkle 1/4 cup flour evenly over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 8 minutes).
- ☐ Place in a bowl coated with cooking spray; turn to coat top. Cover; let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; divide into fourths. Divide and shape each fourth into 9 balls.
- ☐ Place 2 balls in each muffin cup coated with cooking spray. Cover and let rise in a warm place, free from drafts, 15 minutes or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Bake muffins at 375 for 12 to 15 minutes or until golden. Spray muffin tops lightly with cooking spray; remove muffins from pans immediately.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:16.9, Inflammation Score:-3, Nutrition Score:5.1260869463339%

Nutrients (% of daily need)

Calories: 146.8kcal (7.34%), Fat: 3.49g (5.37%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.45g (8.53%), Sugar: 2.74g (3.05%), Cholesterol: 0.31mg (0.1%), Sodium: 92.01mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin B1: 0.25mg (16.65%), Selenium: 9.67µg (13.82%), Folate: 53.41µg (13.35%), Manganese: 0.2mg (9.92%), Vitamin B2: 0.16mg (9.44%), Vitamin B3: 1.67mg (8.35%), Iron: 1.32mg (7.34%), Phosphorus: 55.46mg (5.55%), Fiber: 1.34g (5.35%), Magnesium: 14.07mg (3.52%), Vitamin B6: 0.07mg (3.27%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.28mg (2.84%), Vitamin K: 2.87µg (2.73%), Copper: 0.05mg (2.59%), Potassium: 74.09mg (2.12%), Calcium: 20.46mg (2.05%), Vitamin E: 0.27mg (1.77%), Vitamin A: 87.09IU (1.74%), Vitamin B12: 0.07µg (1.21%), Vitamin D: 0.17µg (1.1%)