



Double-Corn Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



195 kcal

Ingredients

- 0.7 cup milk
- 3 tablespoons vegetable oil
- 1 eggs
- 0.8 cup flour all-purpose
- 0.8 cup cornmeal
- 2 tablespoons sugar
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 7 oz corn whole drained canned

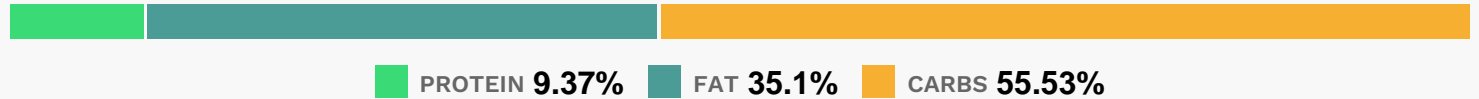
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- Heat oven to 400°F. Grease bottoms only of 8 regular-size muffin cups with shortening, or line with paper baking cups.
- In medium bowl, beat milk, oil and egg with spoon. Stir in remaining ingredients except corn just until flour is moistened. Fold in corn. Divide batter evenly among muffin cups (about 3/4 full).
- Bake 18 to 20 minutes or until golden brown. Immediately remove from pan to wire rack.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:42.95, Glycemic Load:15.54, Inflammation Score:-2, Nutrition Score:5.5913042918496%

Nutrients (% of daily need)

Calories: 195.22kcal (9.76%), Fat: 7.63g (11.74%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 25.44g (9.25%), Sugar: 4.26g (4.73%), Cholesterol: 22.9mg (7.63%), Sodium: 255.17mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin B1: 0.15mg (10.27%), Selenium: 6.96µg (9.94%), Phosphorus: 98.75mg (9.87%), Manganese: 0.19mg (9.61%), Folate: 36.29µg (9.07%), Vitamin K: 9.52µg (9.07%), Vitamin B2: 0.13mg (7.6%), Fiber: 1.72g (6.87%), Iron: 1.2mg (6.66%), Vitamin B3: 1.28mg (6.4%), Magnesium: 24.5mg (6.12%), Calcium: 60.74mg (6.07%), Vitamin B6: 0.11mg (5.74%), Zinc: 0.77mg (5.12%), Vitamin E: 0.55mg (3.65%), Potassium: 127.59mg (3.65%), Copper: 0.07mg (3.26%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.33µg (2.22%), Vitamin A: 62.64IU (1.25%)