

English Muffins

 Popular

READY IN



135 min.

SERVINGS



18

CALORIES



191 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 6 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening melted
- ☐ 1 cup warm water (110 degrees F/45 degrees C)
- ☐ 2 tablespoons sugar white

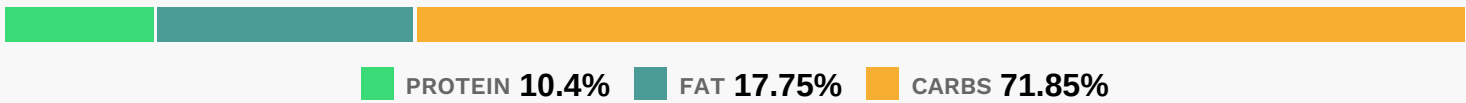
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Warm the milk in a small saucepan until it bubbles, then remove from heat.
- ☐ Mix in the sugar, stirring until dissolved.
- ☐ Let cool until lukewarm. In a small bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ In a large bowl, combine the milk, yeast mixture, shortening and 3 cups flour. Beat until smooth.
- ☐ Add salt and rest of flour, or enough to make a soft dough. Knead.
- ☐ Place in greased bowl, cover, and let rise.
- ☐ Punch down.
- ☐ Roll out to about 1/2 inch thick.
- ☐ Cut rounds with biscuit cutter, drinking glass, or empty tuna can.
- ☐ Sprinkle waxed paper with cornmeal and set the rounds on this to rise. Dust tops of muffins with cornmeal also. Cover and let rise 1/2 hour.
- ☐ Heat greased griddle. Cook muffins on griddle about 10 minutes on each side on medium heat. Keep baked muffins in a warm oven until all have been cooked. Allow to cool and place in plastic bags for storage. To use, split and toast. Great with orange butter, or cream cheese and jam.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:24.17, Inflammation Score:-3, Nutrition Score:6.6900000183479%

Nutrients (% of daily need)

Calories: 191.38kcal (9.57%), Fat: 3.72g (5.73%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 32.69g (11.89%), Sugar: 2.1g (2.33%), Cholesterol: 1.63mg (0.54%), Sodium: 136.16mg (5.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin B1: 0.38mg (25.24%), Folate: 85.46µg (21.37%), Selenium: 14.42µg (20.6%), Manganese: 0.29mg (14.32%), Vitamin B2: 0.24mg (14.15%), Vitamin B3: 2.63mg (13.16%), Iron: 1.95mg (10.81%), Phosphorus: 61.2mg (6.12%), Fiber: 1.23g (4.92%), Copper: 0.06mg (3.21%), Vitamin B5: 0.31mg (3.06%), Magnesium: 11.14mg (2.79%), Zinc: 0.38mg (2.54%), Calcium: 23.56mg (2.36%), Potassium: 68.73mg (1.96%), Vitamin B6: 0.03mg (1.63%), Vitamin K: 1.68µg (1.6%), Vitamin E: 0.21mg (1.38%), Vitamin B12: 0.07µg (1.22%)