



English Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

BREAD

Ingredients

- ☐ 1 envelope active yeast dry
- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter melted ()
- ☐ 8 servings corn meal
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup powdered milk
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon sugar

- ☐ 0.3 cup warm water
- ☐ 1 cup water hot

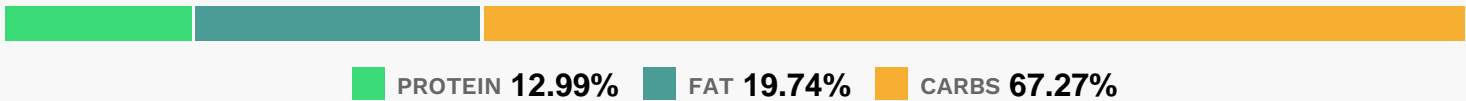
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Combine the powdered milk, sugar, salt, butter and water and stir until the sugar and salt have dissolved.
- ☐ Combine the yeast, sugar and water in another bowl and let sit until frothy.
- ☐ Combine the mixtures and mix in the flour.
- ☐ Cover and let sit in a warm spot for 30 minutes.
- ☐ Mix in the salt and baking soda.
- ☐ Grease the insides of the 3 inch metal rings and place them on a pan heated to medium-low.
- ☐ Sprinkle some cornmeal into each ring and then place 1/4 cup of the batter into each one.
- ☐ Cover and cook until golden brown, about 5-6 minutes.
- ☐ Sprinkle the tops with cornmeal, flip the rings using tongs and cook until golden brown on the other side, about 5-6 minutes.1
- ☐ Repeat until you have cooked them all.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:23.03, Inflammation Score:-4, Nutrition Score:8.4569566107315%

Nutrients (% of daily need)

Calories: 207.46kcal (10.37%), Fat: 4.52g (6.95%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 32.61g (11.86%), Sugar: 3.38g (3.75%), Cholesterol: 11.52mg (3.84%), Sodium: 326.52mg (14.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.37%), Vitamin B1: 0.39mg (26.29%), Folate: 84.07µg (21.02%), Selenium: 12.59µg (17.98%), Vitamin B2: 0.3mg (17.37%), Manganese: 0.28mg (14.18%), Vitamin B3: 2.5mg (12.48%), Phosphorus: 124.32mg (12.43%), Iron: 1.81mg (10.04%), Fiber: 2.02g (8.08%), Calcium: 80.2mg (8.02%), Magnesium: 25.28mg (6.32%), Zinc: 0.87mg (5.81%), Vitamin D: 0.84µg (5.6%), Vitamin B6: 0.11mg (5.5%), Potassium: 180.85mg (5.17%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.26µg (4.39%), Copper: 0.09mg (4.29%), Vitamin A: 118.45IU (2.37%)