



English Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



141 kcal

BREAD

Ingredients

- ☐ 1 package yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 3.5 cups flour all-purpose divided
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1.3 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Cook milk in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.
- ☐ Pour milk into a large bowl. Stir in oil, sugar, and salt. Cool to about 9
- ☐ Dissolve yeast in warm water in a small bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add yeast mixture, 3 cups flour, and egg to milk mixture. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down. Divide in half. Working with one portion at a time (cover remaining dough to keep from drying), roll each portion to 1/4-inch thickness.
- ☐ Let dough rest about 5 minutes.
- ☐ Cut with a 4-inch biscuit cutter into 8 muffins.
- ☐ Place muffins on a large baking sheet. Repeat procedure with remaining dough. Cover and let rise 30 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Bake at 350 for 7 minutes. Turn muffins over; bake an additional 7 minutes or until lightly browned. Cool.

Nutrition Facts



PROTEIN 11.12% **FAT 22.21%** **CARBS 66.67%**

Properties

Glycemic Index:9.07, Glycemic Load:16.14, Inflammation Score:-2, Nutrition Score:5.1752173255967%

Nutrients (% of daily need)

Calories: 141.11kcal (7.06%), Fat: 3.45g (5.3%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.41g (8.15%), Sugar: 2.33g (2.59%), Cholesterol: 12.81mg (4.27%), Sodium: 194.02mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin B1: 0.27mg (17.99%), Folate: 62.48µg (15.62%), Selenium: 10.64µg (15.2%), Vitamin B2: 0.19mg (11.44%), Manganese: 0.19mg (9.57%), Vitamin B3: 1.81mg (9.03%), Iron: 1.34mg (7.44%), Phosphorus: 52.08mg (5.21%), Vitamin K: 4.81µg (4.58%), Fiber: 0.86g (3.42%), Vitamin B5: 0.28mg (2.79%), Calcium: 23.92mg (2.39%), Copper: 0.05mg (2.26%), Zinc: 0.34mg (2.25%), Magnesium: 8.29mg (2.07%), Vitamin B12: 0.11µg (1.77%), Vitamin E: 0.26mg (1.75%), Potassium: 58.47mg (1.67%), Vitamin B6: 0.03mg (1.48%)