



Gluten-Free Blueberry Corn Muffins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup cornstarch
- ☐ 4 large eggs
- ☐ 1.3 cups cornmeal yellow finely
- ☐ 0.3 cup maple syrup pure
- ☐ 0.7 cup rice flour white
- ☐ 1 teaspoon sea salt fine
- ☐ 1 tablespoon sugar

- ☐ 8 tablespoons butter unsalted melted
- ☐ 0.5 cup milk whole

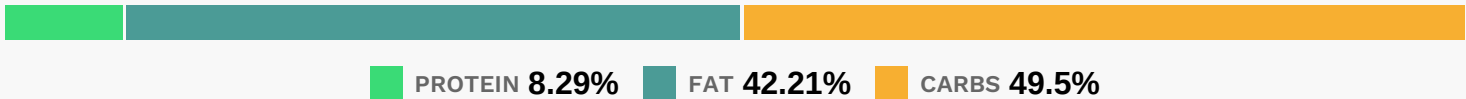
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ wooden spoon
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Position rack in lower third of oven and preheat to 400°F. Butter muffin pan and lightly dust with tapioca flour, knocking out excess.
- ☐ In large bowl, whisk together tapioca flour, cornmeal, rice flour, cornstarch, sugar, baking powder, baking soda, and salt.
- ☐ In medium bowl, whisk together butter, milk, maple syrup, and eggs.
- ☐ Using wooden spoon, stir wet ingredients into dry ingredients until fully combined. Gently fold in blueberries.
- ☐ Divide batter among muffin cups, filling each cup 3/4 full.
- ☐ Bake until tops are domed and feel springy to the touch, and toothpick inserted in center comes out clean, about 15 minutes.
- ☐ Let cool in pan 5 minutes, then turn out onto wire rack.

Nutrition Facts



Properties

Glycemic Index:31.09, Glycemic Load:14.6, Inflammation Score:-3, Nutrition Score:5.8430434828219%

Nutrients (% of daily need)

Calories: 225.46kcal (11.27%), Fat: 10.59g (16.28%), Saturated Fat: 5.71g (35.7%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 26.14g (9.5%), Sugar: 5.84g (6.49%), Cholesterol: 83.29mg (27.76%), Sodium: 385.73mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Manganese: 0.37mg (18.73%), Vitamin B2: 0.2mg (11.53%), Selenium: 7.82µg (11.17%), Phosphorus: 106.44mg (10.64%), Vitamin B6: 0.17mg (8.56%), Calcium: 72.63mg (7.26%), Fiber: 1.8g (7.18%), Vitamin A: 339.71IU (6.79%), Magnesium: 25.91mg (6.48%), Zinc: 0.9mg (5.99%), Vitamin B1: 0.08mg (5.28%), Iron: 0.92mg (5.09%), Vitamin B5: 0.47mg (4.75%), Vitamin D: 0.59µg (3.9%), Vitamin B12: 0.22µg (3.65%), Folate: 14.1µg (3.53%), Vitamin B3: 0.67mg (3.36%), Copper: 0.07mg (3.34%), Potassium: 115.94mg (3.31%), Vitamin E: 0.47mg (3.12%)