



## Gluten-Free Raspberry Corn Muffins

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



118 kcal

### Ingredients

- 0.5 cup apple sauce plain
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 3 tablespoons cornstarch
- 1 tablespoon juice of lemon
- 4 ounces millet flour (see notes below)
- 2 tablespoons evaporated cane juice
- 6 ounces raspberries
- 0.5 teaspoon salt

- 1 tablespoon sugar raw
- 1 cup soy milk unsweetened (or other non-dairy milk)
- 0.3 cup water
- 5 ounces cornmeal yellow

## Equipment

- bowl
- frying pan
- oven
- whisk
- mixing bowl
- toothpicks
- muffin liners

## Directions

- Combine dry ingredients in large mixing bowl.
- Whisk together the wet ingredients in a smaller bowl.
- Add the wet to the dry and stir until mixed. Gently stir in the raspberries. Divide the batter equally among the muffin cups. If desired, sprinkle the tops with 1 tablespoon raw sugar.
- Bake for about 25 minutes, or until a toothpick inserted in the middle of one comes out clean. Allow to cool in the pan for 10 minutes before removing the muffins.
- Serve warm.

## Nutrition Facts



**PROTEIN 9.76%** **FAT 11.38%** **CARBS 78.86%**

## Properties

Glycemic Index:30.3, Glycemic Load:13.24, Inflammation Score:-2, Nutrition Score:4.944782645806%

## Flavonoids

Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 117.97kcal (5.9%), Fat: 1.53g (2.36%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 21.28g (7.74%), Sugar: 5.12g (5.69%), Cholesterol: 0mg (0%), Sodium: 222.3mg (9.67%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Manganese: 0.27mg (13.47%), Fiber: 2.6g (10.39%), Phosphorus: 79.58mg (7.96%), Magnesium: 30.91mg (7.73%), Vitamin B1: 0.11mg (7.54%), Calcium: 70.6mg (7.06%), Vitamin B6: 0.13mg (6.29%), Iron: 1.02mg (5.69%), Copper: 0.11mg (5.67%), Selenium: 3.92µg (5.6%), Vitamin C: 4.3mg (5.21%), Vitamin B3: 0.99mg (4.94%), Zinc: 0.68mg (4.53%), Vitamin B2: 0.07mg (4.04%), Vitamin B12: 0.22µg (3.75%), Potassium: 114.64mg (3.28%), Folate: 11.52µg (2.88%), Vitamin B5: 0.26mg (2.59%), Vitamin D: 0.24µg (1.62%), Vitamin E: 0.2mg (1.3%), Vitamin K: 1.26µg (1.2%)