



Green Onion Corn Muffins in Flowerpots

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter melted
- 8 pieces cooking parchment ()
- 2 large eggs
- 1 cup flour all-purpose
- 0.5 cup green onions thinly sliced
- 1 cup nonfat yogurt plain
- 0.5 teaspoon salt

- 0.3 cup sugar
- 0.7 cup cornmeal yellow
- 8 unglazed terra-cotta pots ()
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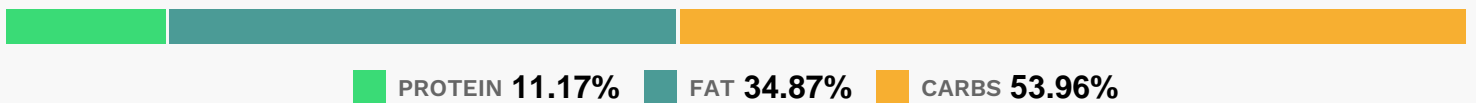
Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Wash pots with soap and water, and dry well. Line pots with cooking parchment: Gently push center of a square into each pot; bend parchment edges outward slightly over edges of pots.
- In a small bowl, mix flour, cornmeal, baking powder, baking soda, and salt.
- In another bowl, beat eggs and sugar until well blended.
- Add flour mixture, yogurt, onions, and melted butter; stir just until batter is evenly moistened.
- Spoon batter equally into lined pots, filling pots almost to the top.
- Sprinkle with caraway seed. Set pots slightly apart in a 9- by 13-inch baking pan.
- Bake muffins in a 400 regular or 375 convection oven until tops are lightly browned and centers are firm to touch, 18 to 20 minutes.
- Let muffins cool in pots 5 to 10 minutes.
- Serve warm, or invert pots to remove muffins and lay on their sides on racks to cool.
- Serve muffins in parchment liners.

Nutrition Facts



Properties

Glycemic Index:42.2, Glycemic Load:19.1, Inflammation Score:-4, Nutrition Score:7.9152173736821%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 229.22kcal (11.46%), Fat: 8.92g (13.72%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 29.22g (10.62%), Sugar: 9.03g (10.03%), Cholesterol: 47.11mg (15.7%), Sodium: 429.87mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.85%), Selenium: 11.11µg (15.87%), Phosphorus: 145.37mg (14.54%), Calcium: 136.62mg (13.66%), Vitamin B2: 0.23mg (13.36%), Vitamin K: 13.82µg (13.16%), Vitamin B1: 0.19mg (12.42%), Folate: 46.72µg (11.68%), Manganese: 0.21mg (10.36%), Iron: 1.57mg (8.75%), Vitamin A: 385.7IU (7.71%), Fiber: 1.83g (7.33%), Zinc: 1mg (6.69%), Magnesium: 26.67mg (6.67%), Vitamin B3: 1.33mg (6.66%), Vitamin B6: 0.13mg (6.35%), Vitamin B5: 0.55mg (5.46%), Vitamin B12: 0.31µg (5.09%), Potassium: 175.31mg (5.01%), Vitamin E: 0.62mg (4.13%), Copper: 0.07mg (3.7%), Vitamin C: 1.46mg (1.78%), Vitamin D: 0.25µg (1.67%)