



Ham and Cheese Corn Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



210 kcal

BREAD

Ingredients

- ☐ 1.3 teaspoons baking soda
- ☐ 3 tablespoons canola oil
- ☐ 0.5 cup whole-kernel corn frozen thawed
- ☐ 0.5 cup egg substitute
- ☐ 1.7 cups flour all-purpose
- ☐ 0.5 cup green onions finely chopped (1 bunch)
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 ounces extralean ham diced
- ☐ 1.3 cups buttermilk low-fat

- ☐ 0.5 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 tablespoon sugar
- ☐ 1 cup cornmeal yellow

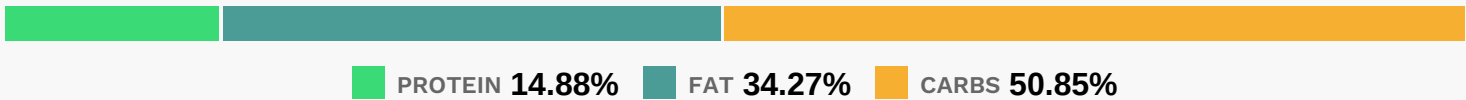
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through pepper) in a medium bowl; stir with a whisk. Make a well in center of mixture.
- ☐ Combine buttermilk, egg substitute, and oil; add to flour mixture, stirring just until moist. Fold in cheese, green onions, corn, and diced ham.
- ☐ Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 350 for 23 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove muffins from pan; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:16.16, Inflammation Score:-4, Nutrition Score:7.8052173956581%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 210.04kcal (10.5%), Fat: 8.02g (12.33%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 24.8g (9.02%), Sugar: 3.08g (3.42%), Cholesterol: 11.02mg (3.67%), Sodium: 385.8mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Selenium: 14.46µg (20.66%), Vitamin B1: 0.23mg (15.46%), Vitamin B2: 0.23mg (13.33%), Phosphorus: 125.33mg (12.53%), Folate: 45.97µg (11.49%), Manganese: 0.22mg (11.05%), Vitamin K: 11.43µg (10.89%), Calcium: 93.44mg (9.34%), Iron: 1.55mg (8.6%), Vitamin B3: 1.69mg (8.44%), Fiber: 1.96g (7.86%), Zinc: 1.14mg (7.63%), Vitamin B6: 0.14mg (6.8%), Magnesium: 26.81mg (6.7%), Vitamin E: 0.95mg (6.33%), Vitamin B5: 0.47mg (4.68%), Potassium: 160.24mg (4.58%), Copper: 0.07mg (3.71%), Vitamin B12: 0.19µg (3.24%), Vitamin A: 158.55IU (3.17%), Vitamin D: 0.24µg (1.57%), Vitamin C: 1.21mg (1.46%)