



## Herbed Corn Muffins

READY IN



25 min.

SERVINGS



12

CALORIES



152 kcal

BREAD

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1.3 cups buttermilk low-fat

- ☐ 0.3 cup olive oil
- ☐ 0.5 cup pecorino romano cheese   grated
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 0.8 cup cornmeal   yellow

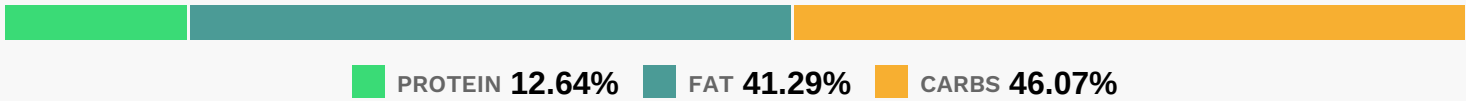
## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 40
- ☐ Combine buttermilk, olive oil, and egg; stir well with a whisk.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, sugar, baking powder, baking soda, salt, pepper, and pecorino Romano cheese in a medium bowl, stirring well with a whisk. Make a well in center of flour mixture.
- ☐ Add milk mixture, and stir just until moist. Gently stir in green onions, parsley, and thyme. Spoon into 12 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 13 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging.

## Nutrition Facts



## Properties

Glycemic Index:39.47, Glycemic Load:10.66, Inflammation Score:-6, Nutrition Score:5.4839130458624%

Flavonoids

Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 151.61kcal (7.58%), Fat: 6.99g (10.76%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 16.18g (5.88%), Sugar: 1.98g (2.2%), Cholesterol: 20.83mg (6.94%), Sodium: 241.25mg (10.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.63%), Vitamin K: 12.74µg (12.13%), Calcium: 111.79mg (11.18%), Phosphorus: 108.38mg (10.84%), Selenium: 6.53µg (9.33%), Vitamin B1: 0.13mg (8.34%), Vitamin B2: 0.14mg (8.15%), Manganese: 0.16mg (7.83%), Folate: 28.05µg (7.01%), Iron: 1.14mg (6.31%), Fiber: 1.37g (5.5%), Vitamin E: 0.77mg (5.14%), Magnesium: 19.61mg (4.9%), Vitamin B3: 0.91mg (4.54%), Zinc: 0.67mg (4.47%), Vitamin B6: 0.09mg (4.3%), Potassium: 102.1mg (2.92%), Vitamin B5: 0.26mg (2.61%), Copper: 0.05mg (2.61%), Vitamin A: 128.33IU (2.57%), Vitamin C: 2.02mg (2.45%), Vitamin B12: 0.14µg (2.31%)