



Honey Cornbread Muffins



Vegetarian



Popular

READY IN



25 min.

SERVINGS



12

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 stick butter melted
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup honey
- ☐ 1 teaspoon salt
- ☐ 1 cup milk whole

☐ 1 cup cornmeal yellow

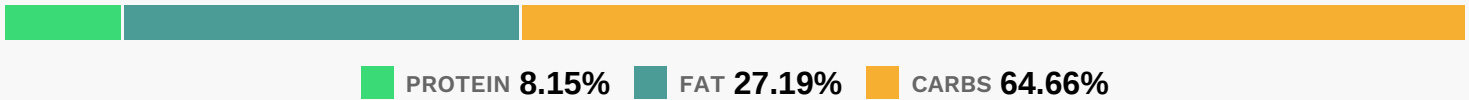
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: paper muffin cups and a 12-cup muffin tin
- ☐ Preheat oven to 400 degrees F.
- ☐ Into a large bowl, mix the cornmeal, flour, baking powder, sugar, and salt. In another bowl, whisk together the whole milk, eggs, butter, and honey.
- ☐ Add the wet to the dry ingredients and stir until just mixed.
- ☐ Place muffin paper liners in a 12-cup muffin tin. Evenly divide the cornbread mixture into the papers.
- ☐ Bake for 15 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:37.16, Glycemic Load:20.98, Inflammation Score:-2, Nutrition Score:5.0547826384073%

Nutrients (% of daily need)

Calories: 200.76kcal (10.04%), Fat: 6.17g (9.49%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 31.47g (11.45%), Sugar: 15.36g (17.07%), Cholesterol: 43.56mg (14.52%), Sodium: 350.73mg (15.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Selenium: 7.43µg (10.61%), Phosphorus: 101.42mg (10.14%), Calcium: 92.55mg (9.26%), Vitamin B1: 0.14mg (9.1%), Manganese: 0.17mg (8.29%), Vitamin B2: 0.14mg (7.99%), Folate: 27.77µg (6.94%), Iron: 1.17mg (6.51%), Fiber: 1.54g (6.17%), Vitamin B6: 0.11mg (5.56%),

Magnesium: 20.42mg (5.1%), Vitamin B3: 0.98mg (4.9%), Zinc: 0.7mg (4.64%), Vitamin A: 195.6IU (3.91%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.19µg (3.2%), Potassium: 101.02mg (2.89%), Copper: 0.06mg (2.83%), Vitamin D: 0.39µg (2.6%), Vitamin E: 0.26mg (1.75%)