

Krissy's Best Ever Corn Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



251 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup corn kernels frozen thawed
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup honey
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.7 cup sugar white
- ☐ 0.8 cup cornmeal yellow

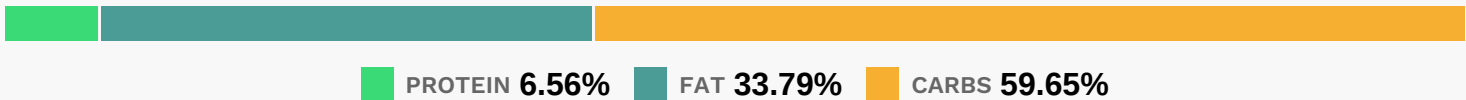
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 12 cup muffin pan.
- ☐ In a large bowl, cream together the butter and sugar. Beat in the honey, eggs and salt.
- ☐ Mix in flour, cornmeal and baking powder. Stir in milk until batter is smooth. Fold in corn. Spoon into prepared muffin cups.
- ☐ Bake in preheated oven for 20 to 25 minutes, or until tops of muffins are lightly browned.

Nutrition Facts



Properties

Glycemic Index:37.16, Glycemic Load:23.97, Inflammation Score:-3, Nutrition Score:5.1013043956912%

Nutrients (% of daily need)

Calories: 250.64kcal (12.53%), Fat: 9.59g (14.76%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 36.52g (13.28%), Sugar: 18.06g (20.07%), Cholesterol: 48.84mg (16.28%), Sodium: 211.77mg (9.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Selenium: 8.62µg (12.31%), Vitamin B1: 0.17mg (11.02%), Folate: 39.64µg (9.91%), Manganese: 0.19mg (9.54%), Vitamin B2: 0.15mg (8.89%), Phosphorus: 74.94mg (7.49%), Iron: 1.23mg (6.86%), Vitamin B3: 1.3mg (6.5%), Fiber: 1.58g (6.3%), Vitamin A: 297.05IU (5.94%), Vitamin B6: 0.09mg (4.5%), Magnesium: 17.88mg (4.47%), Zinc: 0.61mg (4.08%), Vitamin B5: 0.33mg (3.3%), Calcium: 32.52mg (3.25%), Copper: 0.06mg (2.94%), Potassium: 93.84mg (2.68%), Vitamin E: 0.36mg (2.38%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.26µg (1.72%)