



Low-Fat Raspberry-Corn Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



352 kcal

BREAD

Ingredients

- 0.5 cup all-natural apricot nectar
- 1 tablespoon double-acting baking powder
- 4 large egg whites
- 1.5 cups flour all-purpose
- 3 tablespoons grapeseed oil
- 2 cups buttermilk low-fat
- 1 teaspoon orange zest
- 2 cups raspberries frozen

- 0.8 teaspoon salt
- 1.5 cups sugar
- 2 teaspoons vanilla extract
- 2.5 cups cornmeal yellow

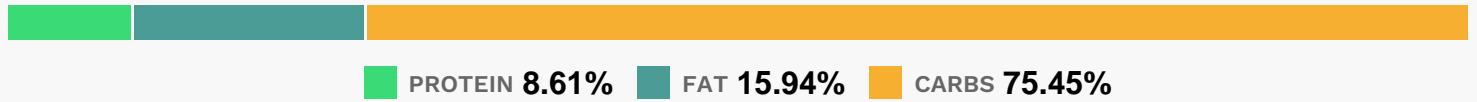
Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- blender
- toothpicks
- ice cream scoop
- muffin tray

Directions

- Preheat the oven to 375 degrees F. Line a 12-cup muffin pan with paper liners or 6-inch squares of parchment paper and mist with cooking spray. (Use parchment paper if you want a more domed muffin; the batter will cling to the paper as it rises.)
- Whisk the flour, cornmeal, 3/4 cup sugar, the baking powder and salt in a medium bowl. In another bowl, whisk the buttermilk, apricot nectar, grapeseed oil, vanilla extract and orange zest until combined.
- Beat the egg whites and remaining 3/4 cup sugar in a large bowl with a mixer on medium-high speed until stiff peaks form, about 8 minutes.
- Whisk the buttermilk mixture into the dry ingredients until just moistened. Gently fold in the egg-white mixture until almost combined, then fold in the raspberries; do not overmix.
- Divide the batter among the prepared cups (an ice cream scoop works well).
- Bake until a toothpick inserted into a muffin comes out clean, 30 to 35 minutes.
- Remove the muffins from the pan and cool on a rack.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:41.02, Inflammation Score:-4, Nutrition Score:9.8239130300024%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 351.85kcal (17.59%), Fat: 6.31g (9.7%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 67.17g (22.39%), Net Carbohydrates: 62.31g (22.66%), Sugar: 29.81g (33.12%), Cholesterol: 1.6mg (0.53%), Sodium: 331.79mg (14.43%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 7.66g (15.32%), Manganese: 0.46mg (23.06%), Fiber: 4.87g (19.46%), Vitamin B1: 0.25mg (16.6%), Phosphorus: 156.96mg (15.7%), Selenium: 10.48µg (14.97%), Vitamin B2: 0.23mg (13.68%), Magnesium: 49.8mg (12.45%), Calcium: 117.09mg (11.71%), Folate: 46.65µg (11.66%), Vitamin B6: 0.23mg (11.59%), Iron: 2.02mg (11.22%), Vitamin C: 8.97mg (10.88%), Vitamin B3: 1.92mg (9.58%), Zinc: 1.4mg (9.33%), Vitamin E: 1.38mg (9.18%), Potassium: 240.99mg (6.89%), Copper: 0.13mg (6.61%), Vitamin B5: 0.47mg (4.73%), Vitamin A: 163.73IU (3.27%), Vitamin K: 1.84µg (1.75%), Vitamin B12: 0.1µg (1.63%)