

Millet Muffins

 Vegetarian

READY IN



25 min.

SERVINGS



16

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup honey
- ☐ 0.3 cup millet
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil

☐ 2.3 cups flour whole wheat

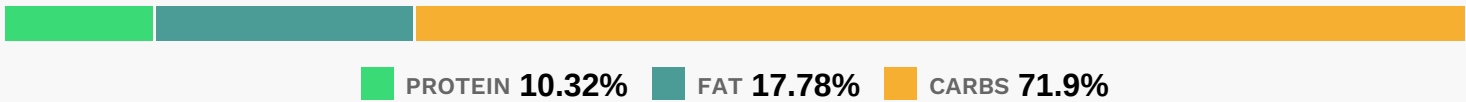
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 16 muffin cups.
- ☐ In a large bowl, mix the whole wheat flour, millet flour, baking powder, baking soda, and salt. In a separate bowl, mix the buttermilk, egg, vegetable oil, and honey. Stir buttermilk mixture into the flour mixture just until evenly moist.
- ☐ Transfer batter to the prepared muffin cups.
- ☐ Bake 15 minutes in the preheated oven, or until a toothpick inserted in the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:6.75, Inflammation Score:-2, Nutrition Score:6.0604347818248%

Nutrients (% of daily need)

Calories: 130.74kcal (6.54%), Fat: 2.72g (4.18%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 22.55g (8.2%), Sugar: 9.51g (10.57%), Cholesterol: 11.88mg (3.96%), Sodium: 260.87mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Manganese: 0.76mg (38.23%), Selenium: 12.03µg (17.18%), Phosphorus: 96.21mg (9.62%), Fiber: 2.18g (8.73%), Magnesium: 29.98mg (7.5%), Vitamin B1: 0.11mg (7.36%), Copper: 0.11mg (5.51%), Vitamin B3: 1.06mg (5.31%), Vitamin B6: 0.1mg (4.86%), Vitamin B2: 0.08mg (4.84%), Iron: 0.86mg (4.77%), Zinc: 0.62mg (4.17%), Calcium: 40.28mg (4.03%), Folate: 13.22µg (3.31%), Potassium: 99.01mg (2.83%), Vitamin K: 2.92µg (2.78%), Vitamin B5: 0.24mg (2.43%), Vitamin E: 0.27mg (1.82%), Vitamin D: 0.25µg (1.67%), Vitamin B12: 0.09µg (1.56%)