



Mini Corn and Feta Muffins

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup buttermilk
- ☐ 0.5 cup corn kernels thawed
- ☐ 0.5 cup cornmeal
- ☐ 1 large egg whites
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.5 cup flour all-purpose

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

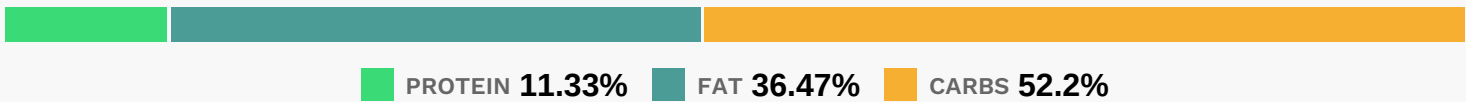
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 42
- ☐ Whisk together flour, cornmeal, sugar, baking powder, salt, and pepper in a medium bowl; make a well in center of mixture.
- ☐ Combine buttermilk, butter, and egg white in a small bowl; add to flour mixture, stirring until just moist. Fold in feta and corn.
- ☐ Coat a 20-cup mini muffin pan with cooking spray. Spoon batter into prepared pan; bake
- ☐ for 10–12 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pan immediately; place on a wire rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:44.56, Glycemic Load:8.03, Inflammation Score:-2, Nutrition Score:3.2913043265757%

Nutrients (% of daily need)

Calories: 103.73kcal (5.19%), Fat: 4.25g (6.54%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.59g (4.58%), Sugar: 2.12g (2.35%), Cholesterol: 11.35mg (3.78%), Sodium: 206.69mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin B2: 0.12mg (6.9%), Selenium: 4.39µg (6.27%), Phosphorus: 62.07mg (6.21%), Calcium: 60.19mg (6.02%), Vitamin B1: 0.09mg (5.85%), Manganese: 0.11mg (5.58%), Folate: 19.4µg (4.85%), Fiber: 1.09g (4.37%), Vitamin B6: 0.08mg (3.86%), Vitamin B3: 0.71mg (3.55%), Iron: 0.64mg (3.54%), Magnesium: 13.31mg (3.33%), Zinc: 0.5mg (3.3%), Vitamin A: 108.24IU (2.16%), Vitamin B12: 0.13µg (2.15%), Vitamin B5: 0.19mg (1.93%), Potassium: 63.84mg (1.82%), Copper: 0.04mg (1.81%)