



Monster-Face Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 1 cup cornmeal
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 12 servings bell pepper green sliced
- ☐ 0.3 teaspoon salt

☐ 0.5 cup sugar

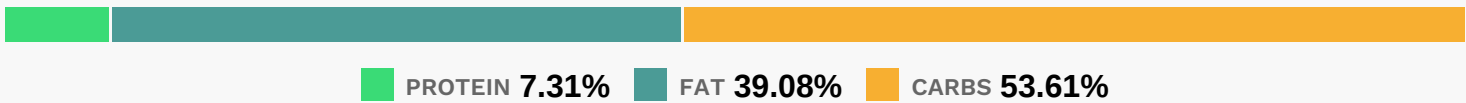
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Mix dry ingredients in a large bowl; set aside. Combime remaining ingredients in a separate bowl; add to dry ingredients. Stir until moistened. Divide batter evenly into 12 lightly greased muffin cups.
- ☐ Add olives and pepper strips to make monster faces.
- ☐ Bake at 400 degrees for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:33.05, Glycemic Load:18.02, Inflammation Score:-6, Nutrition Score:8.9900000820989%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 218.68kcal (10.93%), Fat: 9.69g (14.91%), Saturated Fat: 5.55g (34.66%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 27.37g (9.95%), Sugar: 10.97g (12.19%), Cholesterol: 36.18mg (12.06%), Sodium: 226.41mg (9.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin C: 47.84mg (57.99%), Manganese: 0.23mg (11.55%), Vitamin B6: 0.23mg (11.49%), Vitamin B1: 0.17mg (11.12%), Vitamin A: 509.31IU (10.19%), Fiber: 2.54g (10.16%), Phosphorus: 97.75mg (9.78%), Selenium: 6.34µg (9.05%), Calcium: 84.71mg (8.47%), Folate: 32.52µg (8.13%), Vitamin B2: 0.14mg (8.02%), Iron: 1.25mg (6.95%), Magnesium: 25.27mg (6.32%), Vitamin B3: 1.25mg (6.26%), Potassium: 192.61mg (5.5%), Vitamin K: 5.19µg (4.95%), Copper: 0.09mg (4.73%), Zinc: 0.69mg (4.63%), Vitamin E: 0.55mg (3.65%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.33µg (2.22%)