



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 garnish: olives green sliced
- 0.3 teaspoon salt

0.5 cup sugar

Equipment

bowl

oven

muffin liners

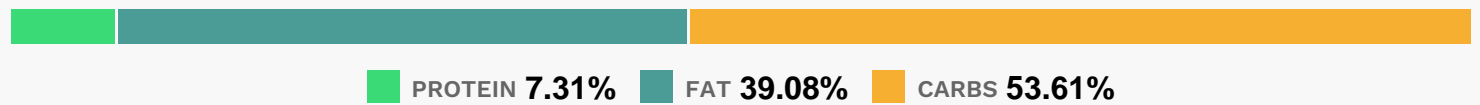
Directions

Mix dry ingredients in a large bowl; set aside. Combine 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%)