



Orange-Ginger Corn Muffins

READY IN



28 min.

SERVINGS



12

CALORIES



149 kcal

Ingredients

- 0.3 teaspoon baking soda
- 0.7 cup self-rising cornmeal yellow
- 0.3 cup egg substitute
- 1 teaspoon ginger fresh grated
- 1 cup buttermilk low-fat
- 0.3 cup orange marmalade
- 1 teaspoon orange rind grated
- 1.3 cups self-rising flour
- 0.3 cup sugar
- 0.3 cup apple sauce unsweetened

2 tablespoons vegetable oil

Equipment

bowl

frying pan

oven

knife

whisk

wire rack

muffin liners

measuring cup

Directions

Preheat oven to 40

. Lightly spoon flour and cornmeal into dry measuring cups; level with a knife.

Combine flour, cornmeal, sugar, and baking soda in a medium bowl; stir well with a whisk.

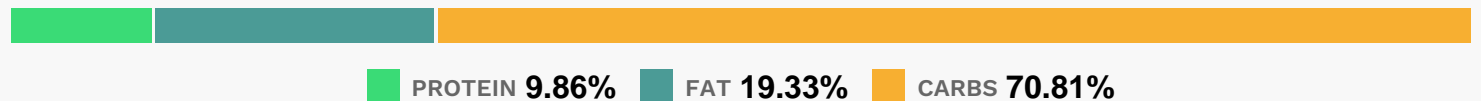
Combine buttermilk and next 6 ingredients in a bowl; stir well with a whisk.

Add to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.

Bake at 400 for 18 minutes or until muffins spring back when touched lightly in center.

Remove muffins from pan immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:13.28, Inflammation Score:-1, Nutrition Score:3.4278261324634%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 149.37kcal (7.47%), Fat: 3.25g (5%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 25.5g (9.27%), Sugar: 9.88g (10.97%), Cholesterol: 0.8mg (0.27%), Sodium: 66.88mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Selenium: 8.59µg (12.27%), Manganese: 0.17mg (8.52%), Phosphorus: 55.36mg (5.54%), Fiber: 1.29g (5.15%), Vitamin B2: 0.07mg (4.17%), Vitamin K: 4.28µg (4.08%), Magnesium: 16.27mg (4.07%), Vitamin B6: 0.07mg (3.7%), Zinc: 0.53mg (3.54%), Vitamin B1: 0.05mg (3.49%), Calcium: 32.54mg (3.25%), Copper: 0.06mg (2.91%), Iron: 0.52mg (2.91%), Potassium: 90.54mg (2.59%), Vitamin B5: 0.26mg (2.56%), Folate: 10.21µg (2.55%), Vitamin E: 0.38mg (2.51%), Vitamin B3: 0.39mg (1.93%), Vitamin B12: 0.06µg (1.02%), Vitamin C: 0.83mg (1.01%)