



WHATSheATE

Parmesan-Corn Bread Muffins

READY IN



45 min.

SERVINGS



10

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 large egg whites lightly beaten
- ☐ 0.7 cup buttermilk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 0.7 cup cornmeal yellow

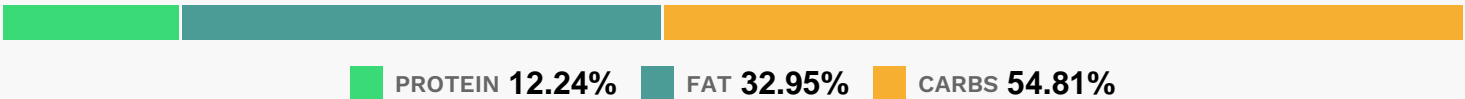
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon flour and cornmeal into dry measuring cups; level with a knife.
- ☐ Combine flour, cornmeal, sugar, baking powder, and salt in a medium bowl, stirring with a whisk. Make a well in center of mixture.
- ☐ Combine buttermilk, oil, and egg whites; add to flour mixture, stirring just until moist.
- ☐ Spoon batter into 10 muffin cups coated with cooking spray.
- ☐ Sprinkle evenly with cheese.
- ☐ Bake at 425 for 10 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:33.26, Glycemic Load:13.41, Inflammation Score:-2, Nutrition Score:4.3208695423344%

Nutrients (% of daily need)

Calories: 152.47kcal (7.62%), Fat: 5.58g (8.58%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 19.54g (7.1%), Sugar: 3.45g (3.84%), Cholesterol: 2.24mg (0.75%), Sodium: 214.52mg (9.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Selenium: 6.85µg (9.78%), Vitamin B1: 0.13mg (8.75%), Calcium: 85.66mg (8.57%), Manganese: 0.15mg (7.74%), Phosphorus: 75.54mg (7.55%), Vitamin K: 7.61µg (7.25%), Folate: 26.94µg (6.74%), Vitamin B2: 0.11mg (6.5%), Iron: 1.02mg (5.65%), Fiber: 1.34g (5.34%), Vitamin B3: 1.01mg (5.07%), Magnesium: 16.28mg (4.07%), Vitamin B6: 0.07mg (3.55%), Zinc: 0.5mg (3.31%), Vitamin E: 0.39mg (2.58%), Copper: 0.05mg (2.32%), Potassium: 61.09mg (1.75%), Vitamin B5: 0.14mg (1.43%)