



Parmesan Corn Muffins

READY IN



28 min.

SERVINGS



12

CALORIES



160 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 large eggs lightly beaten
- 1.3 cups buttermilk fat-free
- 1 cup flour all-purpose
- 3 tablespoons chives fresh divided finely chopped
- 0.1 teaspoon ground pepper red
- 0.3 cup olive oil
- 0.8 cup parmigiano-reggiano cheese fresh divided grated

- 0.3 teaspoon salt
- 1 tablespoon sugar
- 0.8 cup cornmeal yellow

Equipment

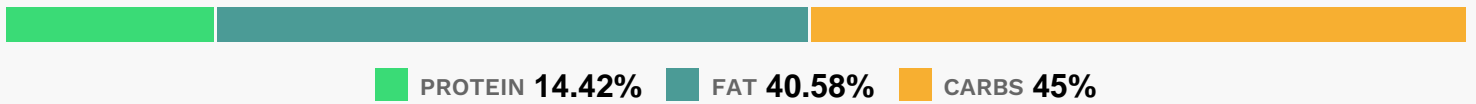
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- muffin liners
- measuring cup

Directions

- Preheat oven to 400.
- Combine the first 3 ingredients.
- Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 6 ingredients (through pepper) in a bowl, stirring well with a whisk. Make a well in center of flour mixture.
- Add milk mixture; stir just until moist.
- Stir in 2 ounces cheese (about 1/2 cup) and 2 tablespoons chives. Spoon into 12 muffin cups coated with cooking spray.
- Sprinkle muffins evenly with remaining 1 ounce cheese and remaining 1 tablespoon chives.
- Bake at 400 for 13 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging.
- Remove muffins from tins; cool on a wire rack.
- Variation 1 Bacon, Onion, and Cheddar Corn Muffins: Cook 2 bacon slices in a skillet over medium heat.
- Remove bacon, reserving drippings in pan.

- Drain bacon; crumble. Increase heat to medium-high.
- Add 3/4 cup chopped onion to drippings in pan; saut 5 minutes. Prepare muffin batter, omitting sugar, cheese, and chives; stir in bacon, onion, and 2 ounces shredded sharp cheddar cheese (about 1/2 cup). Proceed with step
- Serves 12 (serving size: 1 muffin) Calories 137; Fat 6g (sat 5g); Sodium 217mg
- Variation 2 Raspberry-Cornmeal Muffins: Prepare muffin batter, omitting pepper, cheese, and chives. Stir in 1 cup fresh raspberries; spoon batter into prepared muffin cups.
- Sprinkle batter with 1 tablespoon sugar. Proceed with step
- Serves 12 (serving size: 1 muffin) Calories 144; Fat 1g (sat 8g); Sodium 173mg

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:11, Inflammation Score:-2, Nutrition Score:4.6669565465139%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 160.17kcal (8.01%), Fat: 7.21g (11.09%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 16.74g (6.09%), Sugar: 2.49g (2.77%), Cholesterol: 20.24mg (6.75%), Sodium: 271.36mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Calcium: 121.68mg (12.17%), Phosphorus: 100.34mg (10.03%), Selenium: 6.83µg (9.76%), Vitamin B1: 0.12mg (7.76%), Manganese: 0.14mg (7.03%), Folate: 25.65µg (6.41%), Vitamin B2: 0.1mg (5.98%), Iron: 1.02mg (5.65%), Vitamin E: 0.76mg (5.04%), Fiber: 1.24g (4.96%), Vitamin B3: 0.89mg (4.44%), Vitamin K: 4.49µg (4.28%), Magnesium: 16.7mg (4.18%), Zinc: 0.61mg (4.08%), Vitamin B6: 0.08mg (3.88%), Copper: 0.05mg (2.27%), Vitamin A: 112.63IU (2.25%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.11µg (1.87%), Potassium: 57.49mg (1.64%)