



Pimento Corn Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



153 kcal

BREAD

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 cups buttermilk well-shaken
- 2 large eggs
- 1 cup flour all-purpose
- 4 ounces pimientos dry drained finely chopped
- 0.5 teaspoon salt
- 0.3 cup butter unsalted melted for buttering muffin cups

1 cup cornmeal yellow

Equipment

bowl

oven

whisk

baking pan

aluminum foil

muffin liners

Directions

Put oven rack in middle position and preheat oven to 425°F. Generously butter muffin cups.

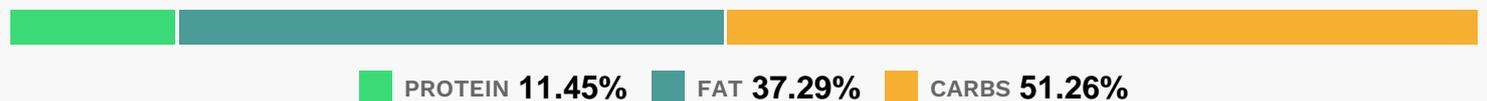
Whisk together cornmeal, flour, baking powder, baking soda, and salt in a bowl.

Whisk together eggs, buttermilk, and butter (1/2 stick) in another bowl, then stir into flour mixture along with pimentos until just combined.

Divide batter among muffin cups (about 1/3 cup each) and bake until a wooden pick inserted in center of a muffin comes out clean, about 12 minutes. Turn out muffins onto a rack and cool to warm.

Muffins can be made 8 hours ahead and cooled completely, uncovered, then kept in an airtight container at room temperature. To reheat, arrange in 1 layer in a shallow baking pan, then sprinkle lightly with water and bake, covered with foil, in a 325°F oven until warm, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:12.27, Inflammation Score:-4, Nutrition Score:6.1773913373118%

Nutrients (% of daily need)

Calories: 153.21kcal (7.66%), Fat: 6.37g (9.8%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 17.97g (6.53%), Sugar: 1.8g (2%), Cholesterol: 43.92mg (14.64%), Sodium: 271.78mg (11.82%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 9.83mg (11.91%), Selenium: 7.88µg (11.25%), Phosphorus: 100.19mg (10.02%), Vitamin B1: 0.14mg (9.26%), Vitamin A: 455.33IU (9.11%), Vitamin B2: 0.15mg (9.02%), Calcium: 86.6mg (8.66%), Manganese: 0.17mg (8.43%), Folate: 29.54µg (7.38%), Iron: 1.32mg (7.34%), Fiber: 1.75g (6.98%), Vitamin B6: 0.13mg (6.55%), Magnesium: 20.95mg (5.24%), Vitamin B3: 1.04mg (5.22%), Zinc: 0.71mg (4.75%), Vitamin D: 0.56µg (3.75%), Vitamin B5: 0.35mg (3.53%), Potassium: 118.62mg (3.39%), Copper: 0.07mg (3.29%), Vitamin B12: 0.2µg (3.29%), Vitamin E: 0.35mg (2.33%), Vitamin K: 1.45µg (1.38%)