



Raspberry-Cornmeal Muffins

 Vegetarian

READY IN



28 min.

SERVINGS



12

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups nonfat buttermilk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup olive oil
- ☐ 1 cup raspberries fresh
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 0.8 cup cornmeal yellow

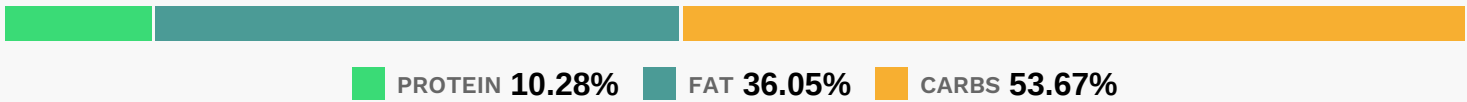
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Combine the first 3 ingredients.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt) 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 raspberries. Spoon into 12 muffin cups coated with cooking spray.
- ☐ Sprinkle muffins evenly with 1 tablespoon sugar.
- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:11.08, Inflammation Score:-2, Nutrition Score:4.230869544589%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 140.58kcal (7.03%), Fat: 5.65g (8.69%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.06g (6.2%), Sugar: 2.87g (3.19%), Cholesterol: 15.99mg (5.33%), Sodium: 171.31mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Manganese: 0.2mg (10.16%), Vitamin B1: 0.12mg (7.76%), Selenium: 5.43µg (7.76%), Fiber: 1.87g (7.47%), Folate: 26.5µg (6.62%), Phosphorus: 59.37mg (5.94%), Iron: 1.02mg (5.68%), Vitamin E: 0.82mg (5.48%), Calcium: 49.45mg (4.95%), Vitamin B2: 0.08mg (4.93%), Vitamin B3: 0.92mg (4.62%), Magnesium: 15.81mg (3.95%), Vitamin B6: 0.08mg (3.79%), Vitamin C: 2.92mg (3.53%), Vitamin K: 3.55µg (3.38%), Zinc: 0.48mg (3.18%), Copper: 0.05mg (2.56%), Vitamin B5: 0.2mg (2.02%), Potassium: 64.2mg (1.83%)