



Savory corn and chives muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour
- 2 cups cornmeal
- 1 packet double-acting baking powder
- 1 tsp salt
- 0.3 cup chives fresh chopped
- 200 g curd cottage cheese
- 2 eggs
- 2 Tbs cooking oil

- 0.5 cup milk
- 0.5 cup mineral water

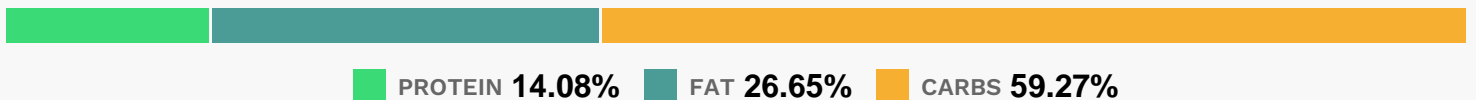
Equipment

- oven
- toothpicks
- muffin tray

Directions

- Mix and combine wheat and corn flour with baking powder and salt. Stir in chives.
- Mix and combine cottage cheese, eggs, oil and milk.
- Add to the flour mixture, stir.
- Gradually add the mineral water, stir after each addition until a rather thin dough is obtained (thicker than a pancake batter).
- Divide the dough among 12 silicone lined or greased muffin tins.
- Bake in the oven at 200C for about 25 minutes or until done (the trick with a toothpick).
- Serve warm or cold with yogurt or milk.

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:17.91, Inflammation Score:-3, Nutrition Score:6.9695652173913%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg 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: 194.09kcal (9.7%), Fat: 5.74g (8.83%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 25.92g (9.43%), Sugar: 1.42g (1.58%), Cholesterol: 31.33mg (10.44%), Sodium: 385.63mg (16.77%), Protein: 6.82g (13.64%), Phosphorus: 148.21mg (14.82%), Selenium: 9.19µg (13.13%), Manganese: 0.25mg (12.37%),

Vitamin B1: 0.18mg (11.67%), Fiber: 2.8g (11.18%), Calcium: 104.42mg (10.44%), Vitamin B6: 0.19mg (9.42%), Vitamin B2: 0.15mg (8.93%), Magnesium: 34.75mg (8.69%), Iron: 1.56mg (8.66%), Folate: 34.39µg (8.6%), Zinc: 1.1mg (7.35%), Vitamin B3: 1.31mg (6.54%), Copper: 0.09mg (4.55%), Vitamin B5: 0.45mg (4.49%), Vitamin E: 0.61mg (4.07%), Potassium: 141.92mg (4.05%), Vitamin K: 3.58µg (3.41%), Vitamin B12: 0.19µg (3.2%), Vitamin A: 115.68IU (2.31%), Vitamin D: 0.28µg (1.83%)