



## Sour Cream and Lemon Honey Corn Muffins

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



203 kcal

BREAD

### Ingredients

- 1 teaspoon double-acting baking powder
- 1.3 cups cornmeal
- 2 large eggs
- 0.5 cup flour all-purpose
- 0.3 cup honey
- 1 lemon zest juiced
- 0.3 cup milk
- 2 teaspoons salt

- 1 cup cup heavy whipping cream light sour
- 6 tablespoons butter unsalted melted plus more for greasing

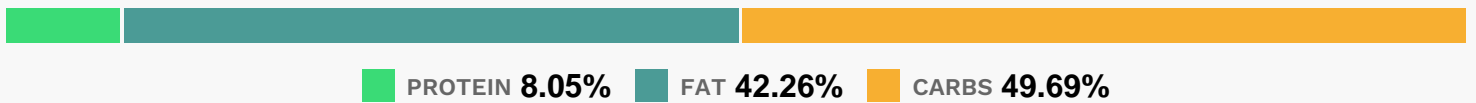
## Equipment

- oven
- whisk
- mixing bowl
- muffin tray

## Directions

- Preheat oven to 350 degrees F. Grease your muffin tray.
- Mixture is prepared in 2 parts – wet and dry. First prepare the wet mixture. In a large mixing bowl whisk together eggs, sour cream, melted butter, milk, honey, lemon zest and juice. In a separate large mixing bowl combine all dry ingredients. Once the dry mixture is blended begin to add the wet mixture by folding into the dry mixture. As soon as both mixtures are blended spoon the mixture into the prepared muffin tray. Fill each cup about 2/3 to 3/4 full.
- Bake muffins for about 20 to 25 minutes, or until the top has a golden crust. When ready, remove from the oven and let them cool slightly.
- Remove from tray and serve.

## Nutrition Facts



## Properties

Glycemic Index:27.15, Glycemic Load:14.3, Inflammation Score:-3, Nutrition Score:4.7621738962505%

## Nutrients (% of daily need)

Calories: 202.82kcal (10.14%), Fat: 9.69g (14.91%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 23.87g (8.68%), Sugar: 8.35g (9.27%), Cholesterol: 53.37mg (17.79%), Sodium: 454.53mg (19.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Selenium: 6.16µg (8.8%), Phosphorus: 87.55mg (8.76%), Manganese: 0.15mg (7.65%), Fiber: 1.77g (7.08%), Vitamin B1: 0.11mg (7%), Vitamin B2: 0.12mg (6.8%), Calcium: 62.46mg (6.25%), Vitamin B6: 0.12mg (6.22%), Vitamin A: 291.28IU (5.83%), Magnesium: 22.9mg (5.72%), Iron: 0.98mg (5.45%), Folate: 21.65µg (5.41%), Zinc: 0.8mg (5.36%), Vitamin B3: 0.76mg (3.79%),

Potassium: 126.19mg (3.61%), Vitamin B12: 0.19µg (3.23%), Copper: 0.06mg (3.1%), Vitamin B5: 0.28mg (2.84%),  
Vitamin E: 0.38mg (2.5%), Vitamin D: 0.37µg (2.44%), Vitamin C: 0.86mg (1.05%)