



Spoon-Bread Muffins

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2.3 cups buttermilk well-shaken
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups cornmeal white
- ☐ 0.8 teaspoon sea salt fine
- ☐ 2 tablespoons butter unsalted melted

Equipment

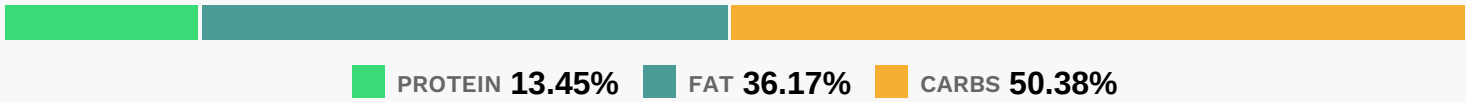
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 425°F with rack in middle. Butter muffin cups.
- ☐ Whisk together cornmeal, baking soda, and salt in a bowl.
- ☐ Whisk buttermilk into eggs, then add to cornmeal mixture and whisk vigorously until smooth.
- ☐ Whisk in butter.
- ☐ Divide batter among muffin cups and bake until edges begin to pull away from sides and a wooden pick inserted in center of a muffin comes out clean, 20 to 25 minutes. Turn out onto a rack and serve warm.

Nutrition Facts



Properties

Glycemic Index:8.29, Glycemic Load:9.33, Inflammation Score:-2, Nutrition Score:4.7108695079451%

Nutrients (% of daily need)

Calories: 132.87kcal (6.64%), Fat: 5.34g (8.22%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 14.88g (5.41%), Sugar: 2.54g (2.82%), Cholesterol: 40.97mg (13.66%), Sodium: 296.68mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Phosphorus: 100.03mg (10%), Vitamin B2: 0.13mg (7.93%), Selenium: 5.44µg (7.77%), Fiber: 1.87g (7.47%), Vitamin B6: 0.15mg (7.38%), Magnesium: 26.82mg (6.7%), Manganese: 0.13mg (6.6%), Zinc: 0.9mg (5.98%), Calcium: 58.26mg (5.83%), Vitamin B1: 0.08mg (5.62%), Vitamin D: 0.79µg (5.24%), Vitamin B12: 0.29µg (4.75%), Vitamin B5: 0.42mg (4.2%), Iron: 0.76mg (4.2%), Potassium: 136.84mg (3.91%), Vitamin A: 177.56IU (3.55%), Copper: 0.07mg (3.29%), Folate: 12.99µg (3.25%), Vitamin B3: 0.54mg (2.69%), Vitamin E: 0.25mg (1.64%)