

Sunny Corn Bread Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.7 cup buttermilk
- 3 tablespoons canola oil
- 1 eggs
- 0.8 cup flour all-purpose
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 cup corn whole

0.8 cup cornmeal yellow

Equipment

bowl

frying pan

oven

whisk

wire rack

toothpicks

muffin liners

Directions

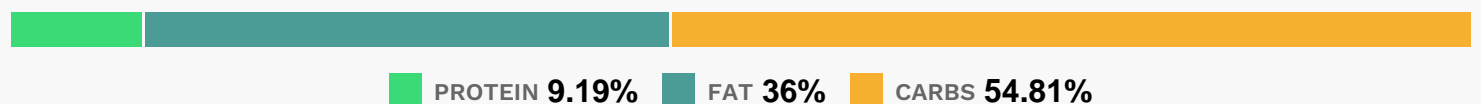
In a large bowl, combine the flour, cornmeal, sugar, baking powder and salt. In a small bowl, whisk the egg, buttermilk and oil. Stir into dry ingredients just until moistened. Fold in corn.

Fill greased muffin cups three-fourths full.

Bake at 400° for 18–22 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:15.48, Inflammation Score:-2, Nutrition Score:5.4252173745114%

Nutrients (% of daily need)

Calories: 192.26kcal (9.61%), Fat: 7.7g (11.85%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 24.67g (8.97%), Sugar: 4.25g (4.73%), Cholesterol: 22.66mg (7.55%), Sodium: 403.92mg (17.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Selenium: 7.32µg (10.45%), Vitamin B1: 0.15mg (10.07%), Manganese: 0.19mg (9.46%), Phosphorus: 92.73mg (9.27%), Folate: 35.54µg (8.88%), Vitamin B2: 0.13mg (7.92%), Vitamin E: 1.05mg (7.02%), Fiber: 1.72g (6.87%), Iron: 1.19mg (6.62%), Vitamin B3: 1.23mg (6.14%), Calcium: 58.7mg (5.87%), Magnesium: 23.39mg (5.85%), Vitamin B6: 0.11mg (5.48%), Zinc: 0.74mg (4.96%), Vitamin K:

3.88µg (3.7%), Copper: 0.07mg (3.41%), Potassium: 117.1mg (3.35%), Vitamin B5: 0.3mg (3%), Vitamin D: 0.37µg (2.47%), Vitamin B12: 0.14µg (2.35%), Vitamin A: 62.7IU (1.25%)