

Vegan Corn Muffins



Vegetarian



Vegan



Dairy Free

READY IN



33 min.

SERVINGS



8

CALORIES



147 kcal

Ingredients



1 cup all purpose flour



2 teaspoons double-acting baking powder



0.8 up cornmeal yellow



1.5 teaspoon ener-g egg replacer (in place of 1 egg)



1 cup milk unsweetened (I used Soy Milk)



0.5 teaspoon salt



3 tablespoons sugar



0.3 cup vegetable oil (I used Canola Oil)



2 tablespoons water

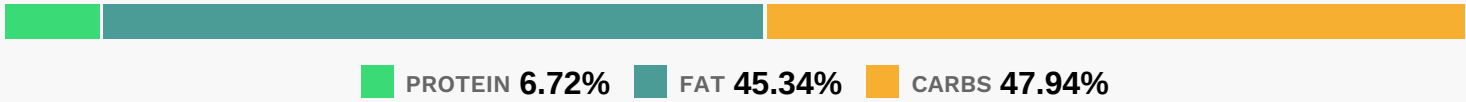
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven at 400F/200C for 15 minutes. Grease muffin cups with shortening.In a large bowl combine the flour, cornmeal, sugar, baking powder and salt.In a blender/food processor add Ener-G, water, milk and oil. Blend it thoroughly, for about 3 minutes.Stir into the dry ingredients just until moistened.Fill the muffin cups 2/3rds full.
- ☐ Bake for 16–18 minutes or until a toothpick comes out clean.Cool for 5 minutes before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:12.06, Inflammation Score:-2, Nutrition Score:4.4569564720859%

Nutrients (% of daily need)

Calories: 147.21kcal (7.36%), Fat: 7.47g (11.5%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 17.19g (6.25%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 263.76mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin K: 12.58µg (11.98%), Vitamin B1: 0.17mg (11.31%), Calcium: 111.52mg (11.15%), Vitamin B2: 0.14mg (8.29%), Selenium: 5.33µg (7.62%), Folate: 28.63µg (7.16%), Vitamin B12: 0.34µg (5.62%), Iron: 0.98mg (5.46%), Manganese: 0.11mg (5.39%), Vitamin B3: 0.97mg (4.87%), Phosphorus: 48.72mg (4.87%), Vitamin E: 0.57mg (3.78%), Copper: 0.05mg (2.44%), Vitamin D: 0.36µg (2.43%), Fiber: 0.58g (2.34%), Magnesium: 8.71mg (2.18%), Potassium: 53.79mg (1.54%), Vitamin A: 62.88IU (1.26%), Vitamin B6: 0.02mg

(1.12%)