

Vegan Corn Muffins



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



199 kcal

BREAD

Ingredients



2 teaspoons double-acting baking powder



1.5 teaspoons applesauce dry ()



0.5 cup flour all-purpose



0.5 teaspoon salt



2 tablespoons vegetable oil



1 cup water



2 tablespoons sugar white



1 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Grease six muffin cups or line with paper muffin liners.
- ☐ In a small bowl, beat together egg replacer and water. In a separate bowl, combine cornmeal, flour, baking powder, sugar and salt.
- ☐ Add egg mixture, oil and water; stir until smooth. Spoon batter into prepared muffin tins using approximately 1/2 cup for each muffin.
- ☐ Bake in pre-heated oven for 10 to 15 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:50.93, Glycemic Load:20.41, Inflammation Score:-2, Nutrition Score:5.7252174166396%

Nutrients (% of daily need)

Calories: 198.74kcal (9.94%), Fat: 6.29g (9.68%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 28.99g (10.54%), Sugar: 4.58g (5.08%), Cholesterol: 3.72mg (1.24%), Sodium: 343.6mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Manganese: 0.24mg (12.11%), Fiber: 2.77g (11.1%), Vitamin B1: 0.16mg (10.85%), Phosphorus: 103.2mg (10.32%), Selenium: 5.98µg (8.54%), Calcium: 84.96mg (8.5%), Vitamin B6: 0.16mg (8.09%), Iron: 1.45mg (8.04%), Vitamin K: 8.42µg (8.02%), Magnesium: 31.83mg (7.96%), Folate: 28.89µg (7.22%), Vitamin B3: 1.27mg (6.37%), Zinc: 0.91mg (6.07%), Vitamin B2: 0.09mg (5.19%), Copper: 0.09mg (4.37%), Vitamin E: 0.48mg (3.22%), Potassium: 101.7mg (2.91%), Vitamin B5: 0.23mg (2.25%)