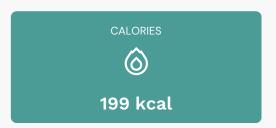


Vegan Corn Muffins





(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

| Eq | uipment |
|-----------------|--|
| | bowl |
| | oven |
| | toothpicks |
| | muffin liners |
| | muffin tray |
| Diı | rections |
| | 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 | |
| | PROTEIN 8.1% FAT 28.33% CARBS 63.57% |

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: Og (100%), Alcohol %: O% (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%)