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## Corn Premium Muffin w/Corn Meal ♦♦

A delicious muffin made with corn meal. It is perfect for breakfast or as a snack.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 12

**Serving Size:** 25 g

### Ingredients

200 g	Corn Meal
100 g	All-Purpose Flour
50 g	Sugar
2 tsp	baking powder
1 tsp	salt
250 ml	Milk
100 ml	vegetable oil

1 units Egg

100 g corn kernels

## Directions

### Step 1

#### Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a mixing bowl, combine the corn meal, all-purpose flour, sugar, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Whisking

In a separate bowl, whisk together the milk, vegetable oil, and egg.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Pour the wet ingredients into the dry ingredients and mix until just combined.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Fold in the corn kernels.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Spoon

Spoon the batter into a greased muffin tin, filling each cup about 3/4 full.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

## Baking

Bake for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Step 8

### Cooling

Remove from the oven and let cool for a few minutes before transferring to a wire rack to cool completely.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 6 g

**Protein:** 3 g

**Carbohydrates:** 21 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	21 g	38.18%	42%
Fibers	1 g	2.63%	4%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	80 mg	2.35%	3.08%
Zinc	1 mg	9.09%	12.5%
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

**Events**

Christmas

## Meal Type

Breakfast Snack Brunch Supper

## Course

Breads Snacks

## Cultural

Chinese New Year Diwali Hanukkah Oktoberfest Ramadan

## Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$40 to \$50

## Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

## Difficulty Level

Medium

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