



Black Forest Muffin Cakes

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



146 kcal

Ingredients

- 21 oz cherry pie filling canned
- 1 box corn muffin mix betty crocker® (1 lb 2.25 oz)
- 1 eggs

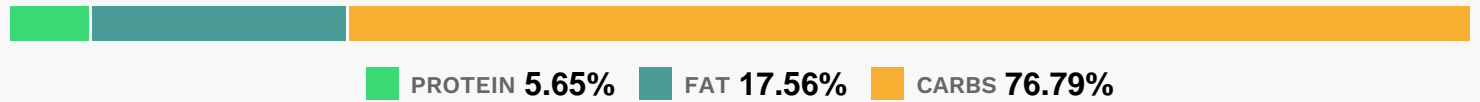
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- Heat oven to 400°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In medium bowl, stir muffin mix, pie filling and egg until blended (batter will be very moist). Divide batter among muffin cups.
- Bake 28 to 30 minutes or until tops spring back when touched. Cool 5 minutes; carefully remove from pan to cooling rack. Cool completely, about 30 minutes.
- Serve each cake topped with dollop of whipped topping and a cherry.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.1469565202361%

Nutrients (% of daily need)

Calories: 146.25kcal (7.31%), Fat: 2.83g (4.36%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 26.27g (9.55%), Sugar: 4.1g (4.55%), Cholesterol: 14.04mg (4.68%), Sodium: 178.22mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Phosphorus: 112.91mg (11.29%), Vitamin B1: 0.1mg (6.64%), Fiber: 1.6g (6.41%), Folate: 22.39µg (5.6%), Vitamin B2: 0.08mg (4.67%), Manganese: 0.08mg (3.96%), Iron: 0.69mg (3.81%), Vitamin B3: 0.74mg (3.72%), Selenium: 2.45µg (3.5%), Copper: 0.06mg (2.97%), Vitamin A: 144.6IU (2.89%), Vitamin B6: 0.05mg (2.51%), Potassium: 79.85mg (2.28%), Vitamin C: 1.81mg (2.19%), Magnesium: 8.73mg (2.18%), Calcium: 18.96mg (1.9%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.19mg (1.24%)