



Black Forest Muffin Cakes

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



165 kcal

Ingredients

- 21 oz cherry pie filling canned
- 1 box corn muffin mix (1 lb 2.25 oz)
- 1 eggs
- 12 maraschino cherries
- 12 servings non-dairy whipped topping frozen thawed

Equipment

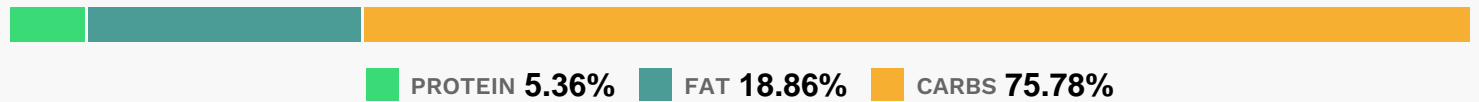
- bowl
- frying pan
- oven

- wire rack
- muffin liners

Directions

- Heat oven to 400F.
- 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:3.3113043722899%

Nutrients (% of daily need)

Calories: 164.58kcal (8.23%), Fat: 3.43g (5.28%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 29.27g (10.65%), Sugar: 7.1g (7.89%), Cholesterol: 14.13mg (4.71%), Sodium: 181.66mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Phosphorus: 116.39mg (11.64%), Fiber: 1.76g (7.05%), Vitamin B1: 0.1mg (6.7%), Folate: 22.52µg (5.63%), Vitamin B2: 0.08mg (4.9%), Manganese: 0.08mg (3.99%), Iron: 0.71mg (3.95%), Vitamin B3: 0.75mg (3.74%), Selenium: 2.57µg (3.67%), Copper: 0.07mg (3.35%), Vitamin A: 150.18IU (3%), Vitamin B6: 0.05mg (2.57%), Calcium: 24.85mg (2.49%), Potassium: 85.44mg (2.44%), Magnesium: 9.25mg (2.31%), Vitamin C: 1.81mg (2.19%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.2mg (1.36%), Vitamin K: 1.23µg (1.18%)