

Broccoli Corn Muffins

READY IN



35 min.

SERVINGS



18

CALORIES



125 kcal

Ingredients

- 3 cups broccoli frozen thawed drained chopped well
- 0.3 cup butter melted
- 8.5 ounces just-add-water cornbread mix
- 4 eggs beaten
- 1 small onion chopped
- 4 ounces cheddar cheese shredded

Equipment

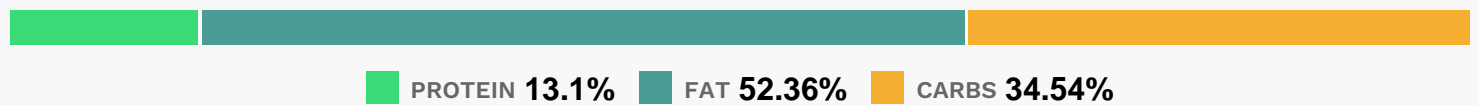
- bowl
- oven

- toothpicks
- muffin liners

Directions

- In a bowl, stir all ingredients just until combined. Fill greased muffin cups three-fourths full.
- Bake at 350° for 20–25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:5.3786956434665%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 124.79kcal (6.24%), Fat: 7.32g (11.26%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 9.55g (3.47%), Sugar: 3.2g (3.55%), Cholesterol: 49.72mg (16.57%), Sodium: 189.73mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin C: 13.38mg (16.22%), Vitamin K: 16.05µg (15.28%), Phosphorus: 125.24mg (12.52%), Selenium: 5.95µg (8.5%), Vitamin B2: 0.13mg (7.54%), Folate: 28.44µg (7.11%), Calcium: 66.19mg (6.62%), Vitamin A: 301.56IU (6.03%), Fiber: 1.32g (5.27%), Vitamin B1: 0.08mg (5.02%), Manganese: 0.08mg (4.07%), Iron: 0.63mg (3.51%), Vitamin B6: 0.07mg (3.43%), Zinc: 0.5mg (3.35%), Vitamin B5: 0.33mg (3.32%), Vitamin B12: 0.17µg (2.85%), Vitamin B3: 0.56mg (2.79%), Potassium: 86.25mg (2.46%), Vitamin E: 0.36mg (2.4%), Magnesium: 9.62mg (2.4%), Vitamin D: 0.23µg (1.56%), Copper: 0.03mg (1.46%)