



## Broccoli Cornbread Muffins

READY IN



45 min.

SERVINGS



24

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 10 ounce broccoli frozen thawed chopped
- 0.5 cup butter melted
- 8.5 ounce corn muffin mix
- 2 large eggs
- 1 small onion chopped
- 4 ounces cheddar cheese shredded

### Equipment

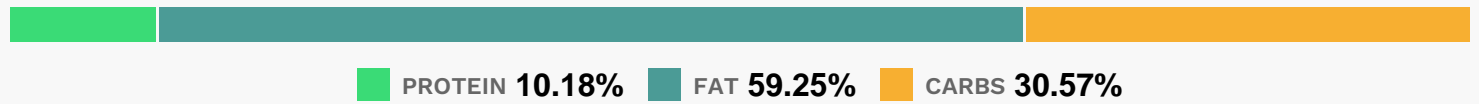
- bowl

oven

## Directions

- Combine first 4 ingredients in a large bowl; make a well in center of mixture.
- Stir together eggs and butter, blending well; add to broccoli mixture, stirring just until dry ingredients are moistened. Spoon into lightly greased mini muffin pans, filling three-fourths full.
- Bake at 325 for 15 to 20 minutes or until golden.
- Let stand 2 to 3 minutes before removing from pans.

## Nutrition Facts



## Properties

Glycemic Index:3.58, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:3.9856521564981%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

## Nutrients (% of daily need)

Calories: 106.39kcal (5.32%), Fat: 7.08g (10.89%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.21g (2.62%), Sugar: 2.4g (2.66%), Cholesterol: 20.43mg (6.81%), Sodium: 167.46mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin C: 10.77mg (13.06%), Vitamin K: 12.69µg (12.08%), Phosphorus: 88.72mg (8.87%), Vitamin A: 324.2IU (6.48%), Folate: 20.33µg (5.08%), Selenium: 3.49µg (4.98%), Vitamin B2: 0.08mg (4.91%), Calcium: 49.1mg (4.91%), Fiber: 1.01g (4.04%), Vitamin B1: 0.06mg (3.74%), Manganese: 0.06mg (3.09%), Vitamin B6: 0.05mg (2.39%), Iron: 0.42mg (2.35%), Zinc: 0.34mg (2.25%), Vitamin E: 0.33mg (2.23%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.21mg (2.07%), Potassium: 64.31mg (1.84%), Magnesium: 7.1mg (1.77%), Vitamin B12: 0.1µg (1.68%)