



## Cheesy Chili-Cornbread Muffins

READY IN



28 min.

SERVINGS



8

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 oz chiles green drained chopped canned
- 7 oz corn muffin mix
- 1 eggs beaten
- 0.3 cup milk
- 3 milk singles 2% chopped kraft

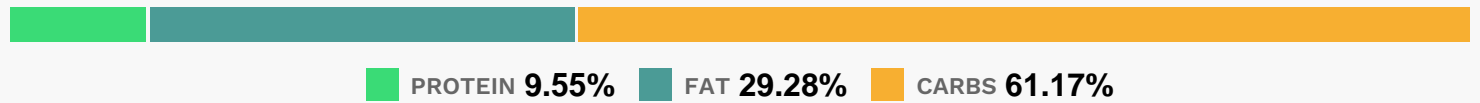
### Equipment

- oven
- muffin liners

## Directions

- Heat oven to 400F.
- Mix muffin mix, milk and egg just until blended. Stir in chiles and 2% Milk Singles.
- Spoon into 8 greased or paper-lined muffin cups.
- Bake 16 to 18 min. or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:4.75, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:4.0252173750297%

## Nutrients (% of daily need)

Calories: 120.82kcal (6.04%), Fat: 3.92g (6.03%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 16.57g (6.03%), Sugar: 5.57g (6.19%), Cholesterol: 22.21mg (7.4%), Sodium: 270.79mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Phosphorus: 144.36mg (14.44%), Folate: 33.33µg (8.33%), Vitamin B1: 0.12mg (7.69%), Fiber: 1.85g (7.41%), Vitamin B2: 0.11mg (6.56%), Vitamin C: 4.87mg (5.91%), Iron: 0.9mg (5.03%), Selenium: 3.32µg (4.75%), Vitamin B3: 0.93mg (4.67%), Manganese: 0.08mg (4.01%), Calcium: 35.28mg (3.53%), Vitamin B6: 0.06mg (3.22%), Vitamin B5: 0.25mg (2.55%), Vitamin B12: 0.13µg (2.14%), Magnesium: 8.44mg (2.11%), Potassium: 67.41mg (1.93%), Vitamin A: 92.94IU (1.86%), Zinc: 0.27mg (1.79%), Vitamin D: 0.22µg (1.48%), Copper: 0.03mg (1.26%), Vitamin K: 1.29µg (1.23%)