



Confetti Corn Muffins

READY IN



35 min.

SERVINGS



35

CALORIES



75 kcal

Ingredients

- 11 oz regular corn drained canned
- 17 oz corn muffin mix
- 1 cup knudsen milkfat cottage cheese 2% low fat
- 2 eggs
- 2 green onions sliced
- 0.3 tsp ground pepper red (cayenne)
- 0.3 cup milk
- 1 bell pepper red finely chopped

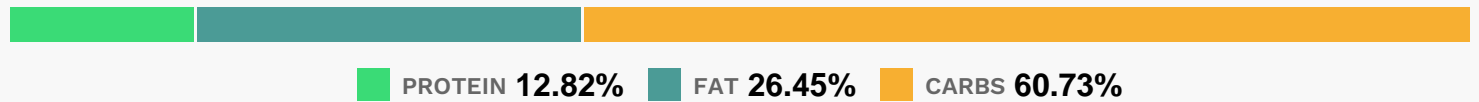
Equipment

- bowl
- oven
- muffin liners

Directions

- Heat oven to 400F.
- Mix muffin mixes and ground red pepper in small bowl.
- Combine remaining ingredients in large bowl.
- Add muffin mixes; mix well.
- Spoon into 18 paper-lined muffin cups, adding 1/4 cup batter to each.
- Bake 25 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.6239130665427%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 74.59kcal (3.73%), Fat: 2.18g (3.36%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.28g (3.74%), Sugar: 3.23g (3.59%), Cholesterol: 10.1mg (3.37%), Sodium: 157.72mg (6.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Phosphorus: 87.55mg (8.76%), Vitamin C: 4.66mg (5.64%), Folate: 19.36µg (4.84%), Vitamin B1: 0.07mg (4.38%), Fiber: 0.99g (3.95%), Vitamin B2: 0.07mg (3.94%), Selenium: 2.17µg (3.09%), Vitamin A: 153.52IU (3.07%), Vitamin B3: 0.58mg (2.9%), Manganese: 0.05mg (2.72%), Iron: 0.44mg (2.46%), Vitamin K: 2.3µg (2.19%), Vitamin B6: 0.04mg (1.9%), Calcium: 16.27mg (1.63%), Magnesium: 5.68mg (1.42%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.14mg (1.36%), Potassium: 46.86mg (1.34%), Zinc: 0.18mg (1.19%)