



## Corn Bread Stuffing Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 3 tablespoons canola oil
- 0.5 cup celery diced
- 0.3 cup celery leaves chopped
- 0.7 cup chicken stock see unsalted (such as Swanson)
- 13 ounce just-add-water cornbread mix (such as Betty Crocker)
- 2 large eggs lightly beaten

- 1 tablespoon sage fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 4 ounces turkey sausage sweet italian
- 0.3 teaspoon kosher salt
- 0.8 cup onion diced
- 0.3 cup pecans chopped

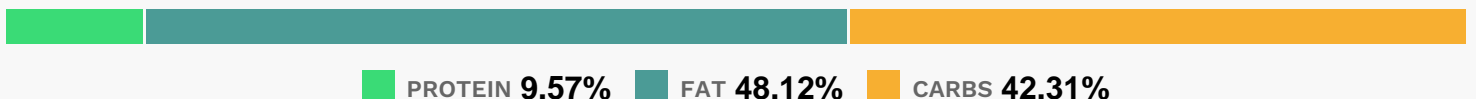
## Equipment

- bowl
- frying pan
- oven
- whisk
- muffin liners

## Directions

- Preheat oven to 400
- Heat a large nonstick skillet over medium-high heat.
- Add sausage to pan; saut 4 minutes, stirring to crumble.
- Add onion, celery, and butter to pan; saut 5 minutes, stirring occasionally. Stir in sage, thyme, salt, and pepper; cook 1 minute. Stir in celery leaves.
- Combine stock, oil, and eggs in a medium bowl, stirring with a whisk.
- Combine baking powder and corn bread mix in a medium bowl.
- Add stock mixture and onion mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.
- Sprinkle evenly with chopped pecans.
- Bake at 400 for 12 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:26.67, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:10.526086916094%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

## Nutrients (% of daily need)

Calories: 226.74kcal (11.34%), Fat: 12.21g (18.78%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 21.38g (7.77%), Sugar: 7.46g (8.29%), Cholesterol: 39.53mg (13.18%), Sodium: 442.07mg (19.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.93%), Copper: 1.61mg (80.57%), Phosphorus: 203.95mg (20.4%), Manganese: 0.32mg (16.24%), Iron: 2.09mg (11.63%), Vitamin B1: 0.17mg (11.61%), Fiber: 2.78g (11.13%), Folate: 39.95µg (9.99%), Selenium: 6.89µg (9.84%), Vitamin B2: 0.16mg (9.64%), Vitamin B3: 1.67mg (8.37%), Vitamin K: 7.06µg (6.72%), Vitamin B6: 0.12mg (6.2%), Vitamin E: 0.85mg (5.66%), Vitamin C: 4.52mg (5.48%), Magnesium: 18.44mg (4.61%), Zinc: 0.69mg (4.57%), Calcium: 42.65mg (4.27%), Vitamin B5: 0.41mg (4.15%), Potassium: 134.61mg (3.85%), Vitamin A: 182.47IU (3.65%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.17µg (1.11%)