



# Corn Dog Muffins

 Popular

READY IN

ready

24 min.

SERVINGS

servings

18

CALORIES

calories

217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 cup cheddar cheese   grated
- ☐ 17 ounce just-add-water cornbread mix
- ☐ 2   eggs
- ☐ 9   hot dogs   cut in half
- ☐ 1.5 cups milk

## Equipment

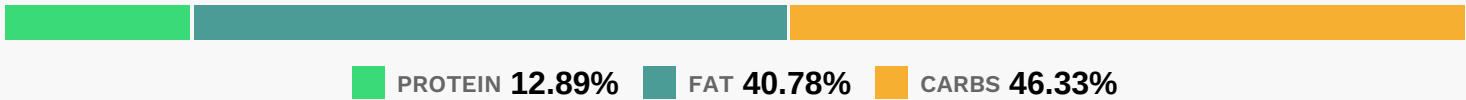
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease muffin tins.
- ☐ Stir together the cornbread mix and the brown sugar in a large bowl.
- ☐ Whisk the eggs and milk in a small bowl until smooth. Fold the eggs and cheese into the dry mixture until moistened. Spoon mixture into muffin tins until 2/3 full.
- ☐ Add 1 hot dog half to each muffin.
- ☐ Bake in a preheated oven 14 to 18 minutes, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:5.17, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:6.3930434479338%

## Nutrients (% of daily need)

Calories: 217.36kcal (10.87%), Fat: 9.86g (15.16%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 23.45g (8.53%), Sugar: 7.76g (8.62%), Cholesterol: 37.56mg (12.52%), Sodium: 428.75mg (18.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Phosphorus: 212.22mg (21.22%), Selenium: 11.14µg (15.92%), Vitamin B2: 0.21mg (12.58%), Vitamin B1: 0.18mg (12.23%), Folate: 39.55µg (9.89%), Calcium: 93.9mg (9.39%), Vitamin B3: 1.76mg (8.81%), Iron: 1.31mg (7.25%), Fiber: 1.74g (6.96%), Zinc: 0.98mg (6.56%), Vitamin B12: 0.36µg (6.02%), Manganese: 0.11mg (5.45%), Vitamin B5: 0.42mg (4.24%), Vitamin B6: 0.07mg (3.56%), Magnesium: 14.19mg (3.55%), Vitamin A: 153.03IU (3.06%), Potassium: 106.96mg (3.06%), Vitamin D: 0.36µg (2.39%), Copper: 0.05mg (2.34%), Vitamin K: 1.57µg (1.49%), Vitamin E: 0.15mg (1.01%)