



## Corn Dog Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.7 cup milk
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 3 hot dogs

## Equipment

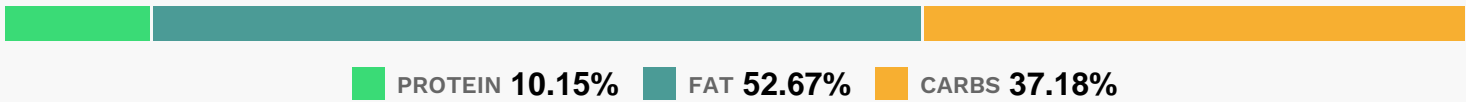
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ muffin liners

## Directions

- ☐ Heat oven to 400°F (375°F for dark or nonstick pan).
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In large bowl, stir together muffin mix, milk, butter and eggs until just moistened (batter will be slightly lumpy).
- ☐ Cut each hot dog crosswise into 4 pieces.
- ☐ Spoon 2 tablespoons batter into each muffin cup.
- ☐ Place 1 hot dog piece horizontally in center of each cup (don't let hot dog touch edges of cup). Spoon 2 more tablespoons batter over hot dog in each cup, making sure hot dog is completely covered.
- ☐ Bake 16 to 18 minutes or until golden brown.
- ☐ Remove from pan to cooling rack; cool 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:3.7826086998634%

## Nutrients (% of daily need)

Calories: 144.6kcal (7.23%), Fat: 8.48g (13.05%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 12.47g (4.54%), Sugar: 3.8g (4.23%), Cholesterol: 34.28mg (11.43%), Sodium: 262.57mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Phosphorus: 115.53mg (11.55%), Selenium: 6.35µg (9.07%), Vitamin B2: 0.13mg (7.48%), Vitamin B1: 0.1mg (6.9%), Folate: 23.29µg (5.82%), Vitamin A: 248.38IU (4.97%), Vitamin B3: 0.95mg (4.76%), Iron: 0.78mg (4.32%), Fiber: 1g (3.99%), Vitamin B12: 0.22µg (3.59%), Calcium: 33.65mg (3.37%), Zinc: 0.47mg (3.1%), Manganese: 0.06mg (3.07%), Vitamin B5: 0.3mg (2.99%), Vitamin B6: 0.05mg (2.32%), Vitamin D: 0.3µg (1.97%), Magnesium: 7.8mg (1.95%), Potassium: 66.22mg (1.89%), Vitamin E: 0.25mg (1.7%), Copper: 0.03mg (1.36%)