



Corn-Filled Mini-Muffins

READY IN



22 min.

SERVINGS



12

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons canola oil
- 6.5 ounce corn muffin mix (such as Betty Crocker)
- 2 egg whites
- 0.3 cup milk fat-free
- 1 cup shoepeg corn white frozen

Equipment

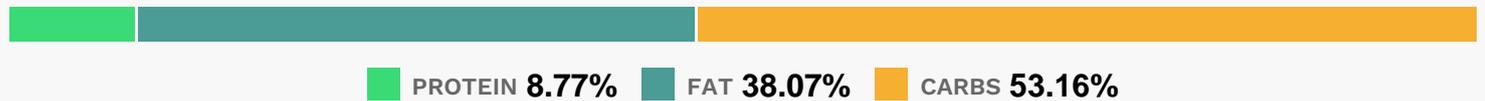
- bowl
- frying pan

- oven
- muffin liners

Directions

- Preheat oven to 40
- Combine all ingredients except cooking spray in a medium bowl; stir just until combined. Spoon batter evenly into 24 miniature muffin cups coated with cooking spray.
- Bake at 400 for 11 minutes. Spray tops of muffins with cooking spray; bake an additional 2 minutes.
- Remove from oven; let stand in pan 2 minutes.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.7473912990612%

Nutrients (% of daily need)

Calories: 102.18kcal (5.11%), Fat: 4.4g (6.77%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 12.48g (4.54%), Sugar: 4.49g (4.99%), Cholesterol: 0.51mg (0.17%), Sodium: 136.93mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Phosphorus: 94.93mg (9.49%), Vitamin B1: 0.08mg (5.41%), Fiber: 1.34g (5.38%), Vitamin B2: 0.08mg (4.67%), Folate: 17.18µg (4.3%), Manganese: 0.08mg (3.83%), Vitamin B3: 0.74mg (3.7%), Selenium: 2.1µg (3%), Vitamin E: 0.44mg (2.96%), Iron: 0.46mg (2.55%), Vitamin K: 2.48µg (2.36%), Magnesium: 9.03mg (2.26%), Vitamin B5: 0.2mg (2.04%), Vitamin B6: 0.04mg (2.01%), Potassium: 69.21mg (1.98%), Calcium: 18.34mg (1.83%), Zinc: 0.19mg (1.26%), Copper: 0.02mg (1.08%)