



Easy, Speedy Corn Muffins

 Dairy Free

READY IN



26 min.

SERVINGS



12

CALORIES



208 kcal

Ingredients

- 1 tablespoon brown sugar packed
- 15 ounce corn cream-style canned
- 17 ounce corn muffin mix dry
- 2 eggs

Equipment

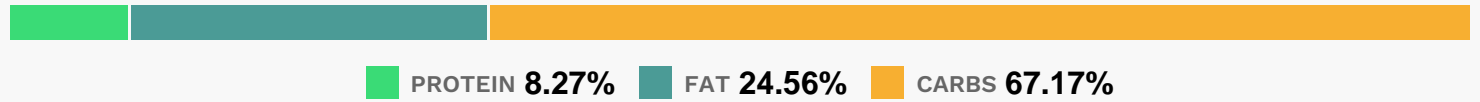
- bowl
- frying pan
- oven
- toothpicks

muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease the bottoms only of 12 muffin cups, or line with baking cups.
- Place the eggs in a large bowl, and beat until light colored. Stir in the canned corn and sugar until well blended.
- Add the muffin mixes, and stir just until dry ingredients are moistened. The batter will be lumpy. Fill muffin cups 2/3 full.
- Bake in preheated oven until toothpick inserted in center of a muffin comes out clean, 16 to 22 minutes. Cool 5 minutes in pan, then turn out on a rack.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.8586956521739%

Nutrients (% of daily need)

Calories: 207.68kcal (10.38%), Fat: 5.75g (8.84%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 32.32g (11.75%), Sugar: 10.31g (11.46%), Cholesterol: 28.08mg (9.36%), Sodium: 431.31mg (18.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Phosphorus: 229.02mg (22.9%), Folate: 56.04µg (14.01%), Vitamin B1: 0.18mg (12.2%), Fiber: 3.04g (12.14%), Vitamin B2: 0.16mg (9.5%), Vitamin B3: 1.69mg (8.45%), Manganese: 0.15mg (7.67%), Iron: 1.27mg (7.08%), Selenium: 4.65µg (6.65%), Vitamin B6: 0.09mg (4.33%), Magnesium: 16.63mg (4.16%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.51mg (3.41%), Potassium: 104.32mg (2.98%), Copper: 0.06mg (2.92%), Calcium: 28.89mg (2.89%), Vitamin A: 112.01IU (2.24%), Vitamin K: 2.03µg (1.93%), Vitamin C: 1.49mg (1.81%), Vitamin B12: 0.1µg (1.69%), Vitamin E: 0.17mg (1.11%)