



## Garlic and Sun-Dried Tomato Corn Muffin

READY IN



25 min.

SERVINGS



16

CALORIES



187 kcal

### Ingredients

- 0.7 cup buttermilk
- 2 cups corn whole frozen thawed
- 17 ounce corn muffin mix (recommended: Jiffy)
- 2 large eggs
- 3 garlic clove minced
- 0.7 cup cream sour
- 0.7 cup sun-dried olives diced (from an 8-ounce jar)

### Equipment

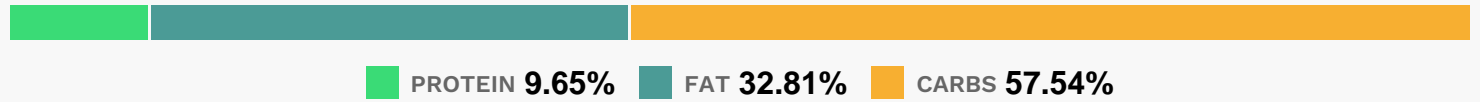
- bowl

- oven
- whisk
- muffin tray

## Directions

- Preheat the oven to 375 degrees F. Grease 2 muffin tins.
- In a large bowl combine the muffin mix, corn, garlic, and sun-dried tomatoes. Stir to combine. In a small bowl whisk together the buttermilk, sour cream, and eggs until well blended.
- Add the buttermilk mixture to the muffin mix. Stir to combine. Spoon the mix into the muffin tins, filling up the cups about halfway.
- Bake until golden brown on top, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:5.69, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:6.2021739275559%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 186.56kcal (9.33%), Fat: 6.87g (10.56%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 24.56g (8.93%), Sugar: 8.69g (9.66%), Cholesterol: 30.61mg (10.2%), Sodium: 304mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Phosphorus: 200.32mg (20.03%), Vitamin B1: 0.17mg (11.06%), Folate: 40.6µg (10.15%), Fiber: 2.53g (10.13%), Manganese: 0.2mg (10.13%), Vitamin B2: 0.17mg (9.98%), Vitamin B3: 1.59mg (7.97%), Iron: 1.34mg (7.44%), Potassium: 249.36mg (7.12%), Selenium: 4.66µg (6.66%), Copper: 0.11mg (5.35%), Magnesium: 21.03mg (5.26%), Calcium: 48.28mg (4.83%), Vitamin B5: 0.41mg (4.1%), Vitamin B6: 0.08mg (3.95%), Vitamin A: 184.7IU (3.69%), Vitamin K: 3.68µg (3.5%), Zinc: 0.47mg (3.15%), Vitamin C: 2.41mg (2.92%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.25µg (1.7%), Vitamin E: 0.16mg (1.05%)