



Ham and Cheddar Corn Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

Ingredients

- ☐ 17 ounce corn muffin mix your favorite
- ☐ 0.1 cup dietz & watson ny state garlic cheddar
- ☐ 1 cup dietz & watson uncured all natural classic dinner ham diced finely
- ☐ 0.3 cup scallion greens finely chopped

Equipment

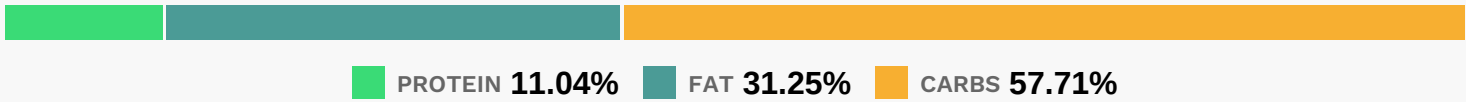
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

☐ muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F. Coat a 12 cup muffin pan with cooking spray.
- ☐ In a large bowl, prepare muffin batter as directed.
- ☐ Fold in the ham, cheese, and chives or scallions.
- ☐ Spoon the batter into the prepared cups, filling each three-quarter full.
- ☐ Bake the muffins until their tops are lightly browned, about 20 minutes.
- ☐ Let them cool in the pan on a wire rack for 3 minutes, then turn them out onto the rack and let them cool completely. The muffins can be frozen in a plastic freezer bag for up to three months.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:5.7747826835384%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 199kcal (9.95%), Fat: 6.87g (10.57%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 25.84g (9.4%), Sugar: 8.23g (9.15%), Cholesterol: 8.04mg (2.68%), Sodium: 467.18mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Phosphorus: 224.3mg (22.43%), Vitamin B1: 0.25mg (16.37%), Fiber: 2.69g (10.78%), Folate: 39.08µg (9.77%), Vitamin B3: 1.88mg (9.42%), Vitamin B2: 0.14mg (8.13%), Manganese: 0.16mg (7.76%), Selenium: 5.11µg (7.3%), Iron: 1.16mg (6.45%), Vitamin K: 6.34µg (6.04%), Vitamin B6: 0.11mg (5.73%), Zinc: 0.52mg (3.49%), Magnesium: 12.63mg (3.16%), Calcium: 27.77mg (2.78%), Potassium: 90.18mg (2.58%), Vitamin B5: 0.26mg (2.56%), Copper: 0.05mg (2.49%), Vitamin B12: 0.11µg (1.85%), Vitamin A: 67.08IU (1.34%), Vitamin C: 0.87mg (1.06%)