



## Mini Corn Dog Muffins

 Dairy Free

READY IN



27 min.

SERVINGS



27

CALORIES



68 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 4 oscar mayer beef franks cut into 6 pieces
- 8.5 oz corn muffin mix
- 0.5 cup grey poupon savory honey mustard
- 2 oz velveeta cut into 24 small cubes
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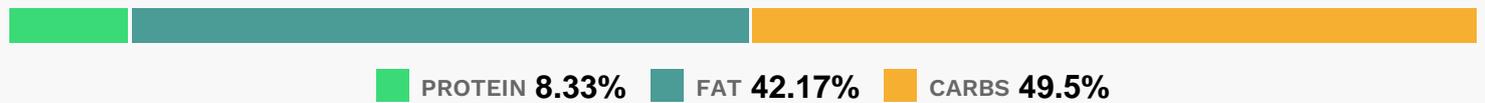
## Equipment

- oven
- mini muffin tray

## Directions

- Heat oven to 375F.
- Prepare muffin batter as directed on package; spoon into 24 mini muffin pan cups sprayed with cooking spray.
- Press 1 each VELVEETA cube and hot dog slice into batter in center of each muffin cup.
- Bake 10 to 12 min. or until golden brown. Cool 5 min. before removing from pans.
- Serve warm with mustard.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3026087077577%

## Nutrients (% of daily need)

Calories: 68.33kcal (3.42%), Fat: 3.11g (4.78%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.62g (2.77%), Sugar: 2.84g (3.16%), Cholesterol: 3.91mg (1.3%), Sodium: 164.3mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Phosphorus: 52.98mg (5.3%), Vitamin B1: 0.04mg (2.69%), Fiber: 0.58g (2.32%), Vitamin B3: 0.45mg (2.26%), Folate: 8.7µg (2.18%), Vitamin B12: 0.12µg (1.94%), Vitamin B2: 0.03mg (1.82%), Selenium: 1.27µg (1.81%), Iron: 0.31mg (1.74%), Manganese: 0.03mg (1.47%), Zinc: 0.2mg (1.31%)