



Mini Southwestern Corn Pup Muffins with Fiesta Dipping Sauce

READY IN



25 min.

SERVINGS



24

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons canola oil
- ☐ 1 teaspoon chili powder
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 4 hot dogs cut into 1 inch pieces

- ☐ 0.5 cup mayonnaise
- ☐ 1 cup milk
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1.5 tablespoons taco seasoning dry
- ☐ 0.3 cup sugar white
- ☐ 0.8 cup cornmeal yellow

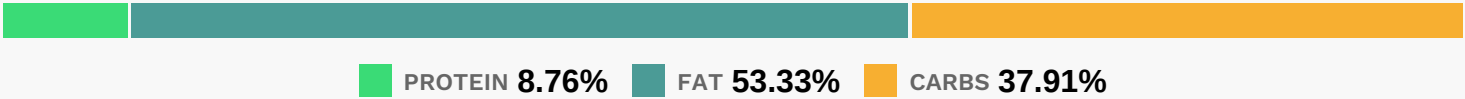
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Coat two 12 cup muffin tins with nonstick cooking spray or line with paper liners.
- ☐ In a large bowl, stir together the cornmeal, flour, sugar, baking powder, salt, chili powder, cumin and garlic powder. Make a well in the center and pour in the milk, egg and oil. Stir until well blended, then gently stir in the cheese. Drop a smal spoonful of the batter into the bottom of each muffin cup.
- ☐ Place a piece of hot dog on top of this batter. Fill cups with enough additional batter to cover the hot dog pieces.
- ☐ Bake for 10 to 12 minutes in the preheated oven, or until muffins are lightly browned and spring back when lightly pressed. Cool slightly before removing from the muffin pans.
- ☐ Serve warm with the Fiesta Dipping Sauce.
- ☐ To make the Fiesta Dipping Sauce, whisk together the sour cream, mayonnaise and taco seasoning mix until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:7.69, Inflammation Score:-2, Nutrition Score:3.5252173478189%

Nutrients (% of daily need)

Calories: 134.89kcal (6.74%), Fat: 8.06g (12.4%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 12.2g (4.44%), Sugar: 3.6g (4%), Cholesterol: 17.6mg (5.87%), Sodium: 214.27mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin K: 8.7µg (8.29%), Selenium: 5.39µg (7.7%), Calcium: 63.92mg (6.39%), Phosphorus: 61.86mg (6.19%), Vitamin B1: 0.08mg (5.54%), Vitamin B2: 0.09mg (5.33%), Iron: 0.77mg (4.27%), Folate: 16.65µg (4.16%), Manganese: 0.08mg (4.1%), Vitamin B3: 0.74mg (3.71%), Zinc: 0.49mg (3.26%), Vitamin E: 0.46mg (3.07%), Fiber: 0.69g (2.75%), Magnesium: 10.49mg (2.62%), Vitamin B6: 0.05mg (2.62%), Vitamin B12: 0.14µg (2.32%), Vitamin A: 111.75IU (2.23%), Vitamin B5: 0.19mg (1.86%), Potassium: 63.27mg (1.81%), Copper: 0.03mg (1.58%), Vitamin D: 0.17µg (1.12%)