



Parmesan Corn Muffins

READY IN



25 min.

SERVINGS



12

CALORIES



228 kcal

Ingredients

- 20 ounces just-add-water cornbread mix
- 0.5 teaspoon rosemary dried crushed
- 2 eggs beaten
- 0.7 cup milk
- 0.3 cup parmesan cheese grated

Equipment

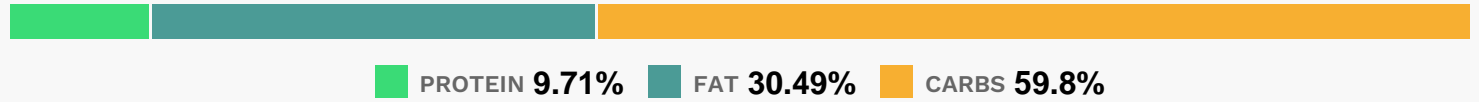
- bowl
- frying pan
- oven

- wire rack
- toothpicks
- muffin liners

Directions

- In a large bowl, combine the corn bread mix, Parmesan cheese and rosemary.
- Add eggs and milk; stir just until moistened. Fill greased muffin cups half full.
- Bake 400° for 15–20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:6.4665217475723%

Nutrients (% of daily need)

Calories: 227.83kcal (11.39%), Fat: 7.67g (11.81%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 30.8g (11.2%), Sugar: 10.29g (11.44%), Cholesterol: 32.27mg (10.76%), Sodium: 450.2mg (19.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Phosphorus: 276.87mg (27.69%), Vitamin B1: 0.21mg (14.2%), Fiber: 3.07g (12.29%), Folate: 47.57µg (11.89%), Vitamin B2: 0.19mg (11.2%), Selenium: 6.13µg (8.75%), Vitamin B3: 1.6mg (8.01%), Manganese: 0.15mg (7.69%), Iron: 1.32mg (7.35%), Calcium: 72.32mg (7.23%), Vitamin B6: 0.08mg (4.18%), Vitamin B5: 0.4mg (3.99%), Magnesium: 14.83mg (3.71%), Vitamin B12: 0.22µg (3.64%), Zinc: 0.54mg (3.6%), Vitamin A: 140.05IU (2.8%), Potassium: 89mg (2.54%), Vitamin K: 2.47µg (2.35%), Copper: 0.05mg (2.34%), Vitamin D: 0.31µg (2.06%), Vitamin E: 0.17mg (1.16%)