

Sausage & Apple Corn Muffins

READY IN



25 min.

SERVINGS



6

CALORIES



455 kcal

Ingredients

- 0.5 cup apple sauce
- 8.5 oz corn muffin mix
- 1 eggs
- 1 small apples i use 2 granny smith apples chopped
- 2 Tbsp mild cheddar cheese shredded kraft
- 0.3 cup milk
- 4 oscar mayer pork sausage patties ready to serve chopped

Equipment

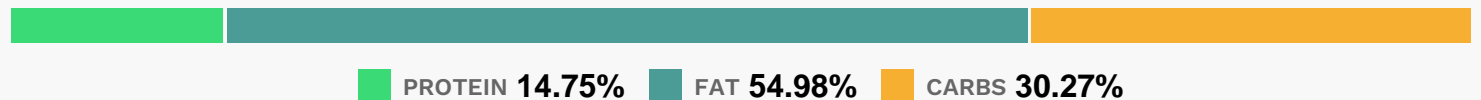
- bowl

- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Preheat oven to 400F. Beat egg, applesauce and milk in medium bowl with wire whisk until well blended.
- Add muffin mix; stir just until moistened. Stir in all remaining ingredients except cheese.
- Spoon into six 2-1/2-inch muffin cups sprayed with cooking spray.
- Bake 12 min. or until wooden toothpick inserted in centers comes out clean.
- Sprinkle with cheese.
- Bake an additional 3 min. or until cheese is melted. Cool in pan on wire rack 5 min. before removing muffins from pan. Cool to desired temperature.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:11.237826046736%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 455.33kcal (22.77%), Fat: 27.67g (42.57%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 30.86g (11.22%), Sugar: 13.19g (14.66%), Cholesterol: 88.54mg (29.51%), Sodium: 854.87mg (37.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Phosphorus: 349.53mg (34.95%), Vitamin B1: 0.4mg (26.55%), Vitamin B3: 4.94mg (24.72%), Vitamin B2: 0.28mg (16.66%), Vitamin B6: 0.32mg (15.99%), Zinc: 2.2mg (14.66%), Vitamin B12: 0.85µg (14.16%), Fiber: 3.43g (13.72%), Iron: 2.05mg (11.41%), Folate: 43.96µg (10.99%), Vitamin B5: 0.89mg (8.93%), Selenium: 6.17µg (8.81%), Potassium: 303.05mg (8.66%), Vitamin D: 1.27µg (8.45%), Calcium: 83.94mg (8.39%), Manganese: 0.15mg (7.35%), Magnesium: 25.49mg (6.37%), Copper: 0.1mg (5.15%), Vitamin A: 228.16IU (4.56%), Vitamin K: 3.13µg (2.98%), Vitamin E: 0.4mg (2.69%), Vitamin C: 1.91mg (2.32%)