



Savory Buffalo Chicken and Cornbread Cupcakes

READY IN



35 min.

SERVINGS



6

CALORIES



410 kcal

Ingredients

- 6.5 oz just-add-water cornbread mix
- 0.3 cup milk
- 2 tablespoons butter melted
- 1 eggs
- 6 chicken drummettes frozen fully cooked
- 8 oz cream cheese softened
- 0.3 cup ranch dressing

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- wire rack
- aluminum foil
- ziploc bags
- muffin liners

Directions

- Heat oven to 400°F.
- Place paper baking cup in each of 6 regular-size muffin cups. Line cookie sheet with foil, cooking parchment paper or silicone baking mat.
- In medium bowl, stir together muffin mix, milk, melted butter and egg just until blended (batter will be lumpy). Divide batter among muffin cups.
- Bake 16 to 18 minutes or until golden brown.
- Place drummettes on cookie sheet.
- Bake 15 to 20 minutes or until crispy and brown.
- Remove muffins from pan to cooling rack. Cool muffins and drummettes at least 5 minutes.
- In small bowl, mix cream cheese and ranch dressing until smooth. Spoon mixture into small resealable food-storage plastic bag; seal bag. Squeeze bag to pipe dressing on muffins. Top each with 1 drummette.

Nutrition Facts

■ PROTEIN 10.2% ■ FAT 65.69% ■ CARBS 24.11%

Properties

Glycemic Index:10.83, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:8.6595651585123%

Nutrients (% of daily need)

Calories: 409.79kcal (20.49%), Fat: 29.97g (46.11%), Saturated Fat: 11.63g (72.69%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 22.75g (8.27%), Sugar: 8.82g (9.8%), Cholesterol: 89.01mg (29.67%), Sodium: 537.02mg (23.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Phosphorus: 270.59mg (27.06%), Selenium: 11.6µg (16.57%), Vitamin A: 810.97IU (16.22%), Vitamin K: 15.79µg (15.04%), Vitamin B2: 0.25mg (14.97%), Vitamin B3: 2.53mg (12.64%), Vitamin B1: 0.16mg (10.93%), Folate: 36.83µg (9.21%), Vitamin B6: 0.17mg (8.48%), Calcium: 82.07mg (8.21%), Fiber: 2g (7.99%), Vitamin B5: 0.8mg (7.96%), Iron: 1.2mg (6.66%), Vitamin E: 0.9mg (5.98%), Vitamin B12: 0.35µg (5.81%), Zinc: 0.85mg (5.7%), Manganese: 0.11mg (5.6%), Potassium: 161.32mg (4.61%), Magnesium: 18.29mg (4.57%), Copper: 0.05mg (2.51%), Vitamin D: 0.33µg (2.2%)