



Secret Forest Corn Muffins

 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



173 kcal

Ingredients

- ☐ 6 broccoli florets frozen thawed (from 12-oz bag)
- ☐ 1 pouch just-add-water cornbread mix
- ☐ 6 servings just-add-water cornbread mix for on cornbread mix pouch
- ☐ 0.3 cup cheddar cheese shredded

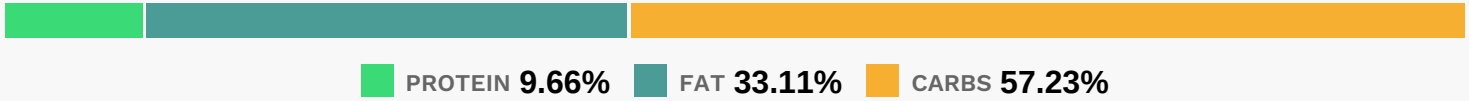
Equipment

- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F. Line 6 regular-size muffin cups with paper baking cups.
- ☐ Make muffins as directed on cornbread mix pouch. Stir in 1/4 cup cheese. Spoon about 1 tablespoon batter into each muffin cup.
- ☐ Place 1 broccoli floret in each, stem side down, trimming stem if necessary for floret to fit in muffin cup. Spoon remaining batter over florets, covering completely.
- ☐ Bake 15 minutes; sprinkle with remaining cheese.
- ☐ Bake 1 to 3 minutes longer or until toothpick inserted in center comes out clean. Cool at least 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:5.9334782413814%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 172.87kcal (8.64%), Fat: 6.36g (9.79%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 22.23g (8.08%), Sugar: 7.19g (7.99%), Cholesterol: 6.96mg (2.32%), Sodium: 325.19mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Phosphorus: 203.9mg (20.39%), Vitamin K: 13.09µg (12.46%), Vitamin C: 9.85mg (11.93%), Vitamin B1: 0.16mg (10.42%), Fiber: 2.52g (10.07%), Folate: 40.18µg (10.04%), Vitamin B2: 0.13mg (7.88%), Calcium: 69.12mg (6.91%), Manganese: 0.13mg (6.59%), Vitamin B3: 1.22mg (6.1%), Selenium: 3.97µg (5.68%), Iron: 0.95mg (5.27%), Vitamin A: 170.92IU (3.42%), Vitamin B6: 0.07mg (3.38%), Zinc: 0.47mg (3.14%), Magnesium: 12.24mg (3.06%), Vitamin B5: 0.25mg (2.54%), Potassium: 78.39mg (2.24%), Copper: 0.04mg (1.83%), Vitamin B12: 0.1µg (1.62%), Vitamin E: 0.19mg (1.25%)