



Southern Corn Muffin

READY IN



30 min.

SERVINGS



6

CALORIES



249 kcal

Ingredients

- 7 oz regular corn drained canned
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 8.5 oz corn muffin mix
- 1 eggs
- 0.3 cup milk fat-free
- 0.3 cup green onions sliced
- 0.3 cup taco bellâ® & chunky salsa thick

Equipment

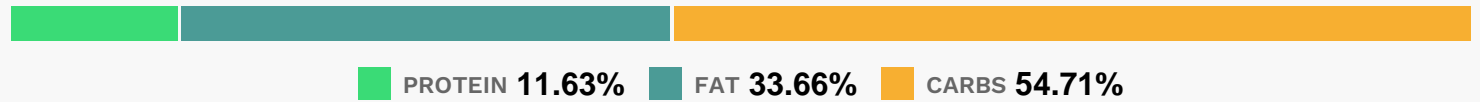
- bowl

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

Directions

- Preheat oven to 400F. Beat egg, milk and salsa in medium bowl with wire whisk until well blended.
- Add remaining ingredients; stir just until moistened.
- Spoon evenly into six paper-lined or greased medium muffin cups.
- Bake 20 min. or until golden brown.
- Remove muffins from pan to wire rack. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:7.8560869330945%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 249.2kcal (12.46%), Fat: 9.31g (14.32%), Saturated Fat: 3.36g (21%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 31.12g (11.32%), Sugar: 9.25g (10.28%), Cholesterol: 37.81mg (12.6%), Sodium: 529.95mg (23.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.47%), Phosphorus: 283.53mg (28.35%), Folate: 55.67µg (13.92%), Vitamin B1: 0.19mg (12.93%), Vitamin B2: 0.21mg (12.32%), Fiber: 2.91g (11.66%), Calcium: 113.74mg (11.37%), Vitamin K: 11.34µg (10.8%), Selenium: 7.49µg (10.7%), Vitamin B3: 1.77mg (8.83%), Manganese: 0.17mg (8.36%), Iron: 1.33mg (7.37%), Vitamin A: 294.51IU (5.89%), Zinc: 0.85mg (5.64%), Magnesium: 20.38mg (5.1%), Vitamin B6: 0.1mg (4.9%), Potassium: 157.62mg (4.5%), Vitamin B12: 0.26µg (4.34%), Vitamin B5: 0.41mg (4.06%), Copper: 0.06mg (3.17%), Vitamin E: 0.37mg (2.45%), Vitamin D: 0.32µg (2.1%), Vitamin C: 1.59mg (1.93%)