



Upside-Down Coconut-Maple Corn Muffins

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



50 kcal

Ingredients

- 8.5 oz corn muffin mix
- 0.5 cup baker's angel flake coconut
- 0.5 cup pancake syrup

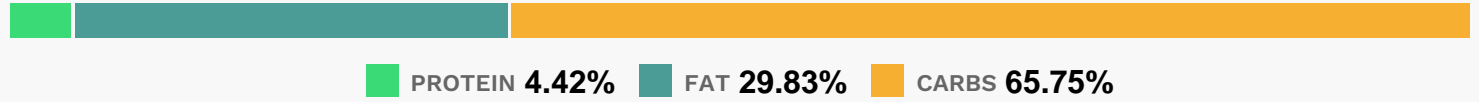
Equipment

- oven
- muffin liners

Directions

- Prepare muffin mix as directed on package, placing 1 Tbsp. each syrup and coconut in each of 8 prepared medium muffin cups before pouring in batter.
- Bake muffins as directed on package; cool slightly.
- Serve coconut-sides up.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.97565218182686%

Nutrients (% of daily need)

Calories: 50.1kcal (2.51%), Fat: 1.7g (2.61%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.76g (2.82%), Sugar: 1.49g (1.66%), Cholesterol: 0.32mg (0.11%), Sodium: 61.11mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Phosphorus: 36.62mg (3.66%), Manganese: 0.06mg (2.94%), Fiber: 0.65g (2.58%), Vitamin B1: 0.03mg (2.04%), Folate: 6.51µg (1.63%), Copper: 0.02mg (1.25%), Vitamin B2: 0.02mg (1.2%), Iron: 0.22mg (1.2%), Vitamin B3: 0.24mg (1.19%)