

Corn Puppies

50 Things to Make in a Muffin Pan
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1/2 cup cornmeal
1/4 cup flour
1 tablespoon sugar
1 teaspoon mustard powder
1/2 teaspoon baking powder
1/2 teaspoon Kosher salt
1 egg
1/2 cup milk
2 tablespoons butter, melted
12 cocktail franks, halved

Preheat the oven to 400 degrees.

Spray twenty-four mini-muffin cups with nonstick cooking spray

In a bowl, whisk the cornmeal, flour, sugar, mustard powder and Kosher salt. Whisk in the egg, milk and butter.

Divide the mixture equally among the muffin cups (about one tablespoon each). Add one-half cocktail frank to each.

Bake until set, 13 to 15 minutes.

Per Serving (excluding unknown items): 775 Calories; 34g Fat (39.5% calories from fat); 20g Protein; 97g Carbohydrate; 6g Dietary Fiber; 291mg Cholesterol; 1551mg Sodium. Exchanges: 5 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 6 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	775
% Calories from Fat:	39.5%
% Calories from Carbohydrates:	50.1%
% Calories from Protein:	10.4%
Total Fat (g):	34g
Saturated Fat (g):	19g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	291mg
Carbohydrate (g):	97g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	72mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 6g
Protein (g): 20g
Sodium (mg): 1551mg
Potassium (mg): 419mg
Calcium (mg): 327mg
Iron (mg): 6mg
Zinc (mg): 2mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1555IU
Vitamin A (r.e.): 360RE

Grain (Starch): 5
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 6
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 775 **Calories from Fat:** 306

% Daily Values*

Total Fat 34g	52%
Saturated Fat 19g	93%
Cholesterol 291mg	97%
Sodium 1551mg	65%
Total Carbohydrates 97g	32%
Dietary Fiber 6g	24%
Protein 20g	
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Vitamin A	31%
Vitamin C	2%
Calcium	33%
Iron	32%

* Percent Daily Values are based on a 2000 calorie diet.