



Corn Dog Muffins



[Click here for a video demo](#) !

1/8th of recipe (1 muffin): 137 calories, 1g total fat (<0.5g sat. fat), 660mg sodium, 25.5g carbs, 1g fiber, 3g sugars, 9g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 30 minutes

More: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

2/3 cup all-purpose flour
1/2 cup yellow cornmeal
2 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar), or *HG Alternative*
1 1/2 tsp. baking powder
1/4 tsp. salt
1 cup canned cream-style corn
1/2 cup egg whites (about 4 large eggs' worth)
1/4 cup fat-free plain Greek yogurt
7 extra-lean hot dogs (45 calories or less each, or *HG Alternative*)

Directions

Preheat oven to 375 degrees. Line 8 cups of a 12-cup muffin pan with foil baking cups, or spray them with nonstick spray.

In a large bowl, mix flour, cornmeal, sweetener, baking powder, and salt.

In a medium bowl, thoroughly mix cream-style corn, egg whites, and yogurt. Transfer mixture to the large bowl, and stir well.

Chop 5 of the hot dogs, and stir into the contents of the large bowl. Evenly distribute batter among the 8 lined or sprayed cups.

Cut remaining 2 hot dogs into a total of 24 coins. Place 3 coins on top of each muffin cup.

Bake until a toothpick inserted into the center of a muffin comes out clean, 28 - 30 minutes.

MAKES 8 SERVINGS

HG Alternative: If you prefer to use sugar instead of no-calorie sweetener, you'll need twice as much. If made with 1/4 cup sugar, each serving of this recipe will have 162 calories, 29g carbs, and 9g sugars (**SmartPoints®** value 5*).

HG Alternative: If you prefer all-natural hot dogs, we recommend [Applegate Natural Uncured Hot Dogs](#) -- Turkey (50 calories, 3.5g fat), Chicken (60 calories, 3g fat), or Beef (70 calories, 6g fat). Just adjust the recipe stats accordingly.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or

treatment. [Click here](#) for more information.

Publish Date: June 16, 2016

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.