



Almond Poppy Seed Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 1.1 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 2 egg whites
- ☐ 2 egg yolks
- ☐ 1.3 cups flour all-purpose

- ☐ 1 teaspoon lemon zest freshly grated
- ☐ 2.5 tablespoons poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar white

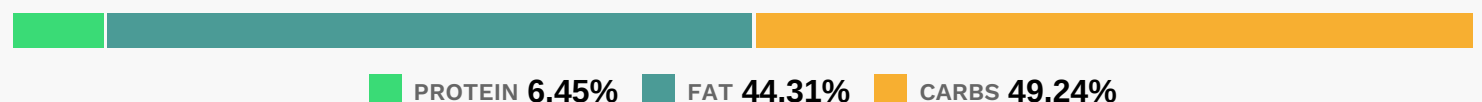
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 12 muffin cups with paper liners.
- ☐ Beat sugar and butter with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- ☐ Add egg yolks one at a time, allowing the first to blend into the butter mixture before adding the last. Beat almond extract and lemon zest into the mixture.
- ☐ Stir flour, baking powder, baking soda, and salt together in a separate bowl; add to creamed mixture alternately with buttermilk, mixing until just combined into a batter. Fold poppy seeds through the batter.
- ☐ Beat egg whites in a glass or metal bowl until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks; fold into the batter. Spoon batter into prepared muffin cups to about 2/3 full.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, 15 to 18 minutes; remove from pan and let cool on rack.

Nutrition Facts



Properties

Glycemic Index:26.92, Glycemic Load:16.65, Inflammation Score:-3, Nutrition Score:4.3626087087652%

Nutrients (% of daily need)

Calories: 196.52kcal (9.83%), Fat: 9.76g (15.02%), Saturated Fat: 5.44g (34.03%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 23.65g (8.6%), Sugar: 13.18g (14.65%), Cholesterol: 53.84mg (17.95%), Sodium: 264.25mg (11.49%), Alcohol: 0.17g (100%), Alcohol %: 0.38% (100%), Protein: 3.2g (6.4%), Selenium: 8.18µg (11.69%), Manganese: 0.22mg (11.25%), Vitamin B1: 0.14mg (9.06%), Folate: 32.34µg (8.08%), Vitamin B2: 0.13mg (7.75%), Calcium: 69.53mg (6.95%), Phosphorus: 62.8mg (6.28%), Vitamin A: 296.21IU (5.92%), Iron: 0.97mg (5.38%), Vitamin B3: 0.86mg (4.29%), Fiber: 0.76g (3.04%), Magnesium: 11.64mg (2.91%), Copper: 0.06mg (2.9%), Zinc: 0.36mg (2.43%), Vitamin E: 0.35mg (2.31%), Vitamin B5: 0.22mg (2.15%), Vitamin B12: 0.13µg (2.08%), Vitamin D: 0.29µg (1.95%), Potassium: 56.88mg (1.63%), Vitamin B6: 0.03mg (1.29%)