



Almond-Poppy Seed Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 eggs
- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup milk
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon double-acting baking powder

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons poppy seeds
- ☐ 3 teaspoons sugar
- ☐ 2 tablespoons almonds sliced

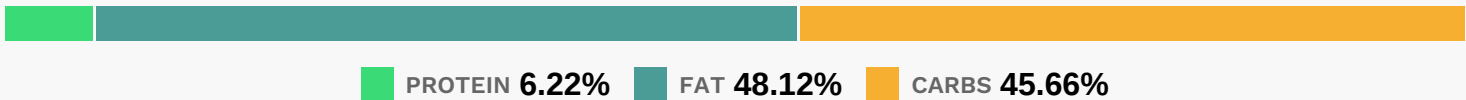
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. Line 12 medium muffin cups with paper baking cups (or spray cups with cooking spray or grease with shortening).
- ☐ In large bowl, stir together 1/2 cup sugar, the oil, egg and almond extract. Beat in sour cream and milk with spoon until blended. Stir in flour, baking powder, salt, baking soda and poppy seed until well blended. Divide batter evenly among muffin cups.
- ☐ Sprinkle batter with 3 teaspoons sugar and the almonds.
- ☐ Bake 14 to 17 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from pan to wire rack.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:14.34, Inflammation Score:-2, Nutrition Score:4.6191304711544%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.38kcal (9.27%), Fat: 10.05g (15.46%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 20.58g (7.48%), Sugar: 10.08g (11.19%), Cholesterol: 19.9mg (6.63%), Sodium: 148.26mg (6.45%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 2.92g (5.84%), Manganese: 0.24mg (11.84%), Vitamin K: 11.35µg (10.81%), Selenium: 6.61µg (9.45%), Vitamin B1: 0.13mg (8.77%), Vitamin B2: 0.13mg (7.7%), Folate: 29.68µg (7.42%), Vitamin E: 1.03mg (6.9%), Phosphorus: 59.41mg (5.94%), Calcium: 56.09mg (5.61%), Iron: 0.95mg (5.27%), Vitamin B3: 0.91mg (4.56%), Magnesium: 14.84mg (3.71%), Fiber: 0.88g (3.5%), Copper: 0.07mg (3.34%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.18mg (1.81%), Potassium: 63.01mg (1.8%), Vitamin A: 87.76IU (1.76%), Vitamin B12: 0.08µg (1.34%), Vitamin B6: 0.03mg (1.27%)