

Apple Lemon with Cinnamon Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



197 kcal

SIDE DISH

Ingredients

- 4 teaspoons double-acting baking powder
- 10 tablespoons butter
- 2 eggs lightly beaten
- 2 cups flour all-purpose
- 1 large apples i use 2 granny smith apples cored peeled chopped
- 1 teaspoon ground cinnamon
- 1 teaspoon juice of lemon
- 1 tablespoon lemon zest

- 1 cup milk
- 1 pinch salt
- 1 tablespoon sugar

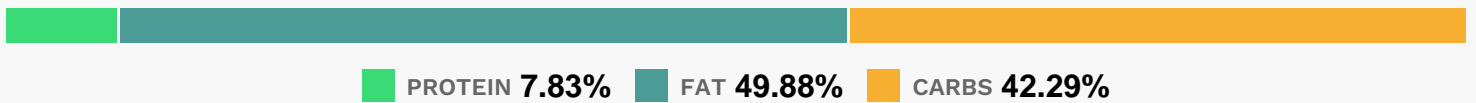
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease 12 muffin cups.
- In a bowl, sift together the flour, baking powder, and salt. In a separate bowl, cream together the 1/2 cup sugar, eggs, butter, lemon zest, lemon juice, and milk.
- Mix the creamed ingredients into the flour mixture until evenly moist. Fold in the apples. Spoon into the prepared muffin cups.
- Mix the 1 tablespoon sugar and cinnamon, and sprinkle over the tops of the muffin batter.
- Bake 15 minutes in the preheated oven, or until a toothpick inserted in the center of a muffin comes out clean. Cool 1 to 2 minutes before turning out onto wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:13.58, Inflammation Score:-4, Nutrition Score:5.6113043401552%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol:

0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 197.13kcal (9.86%), Fat: 11.05g (17.01%), Saturated Fat: 6.64g (41.52%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 19.93g (7.25%), Sugar: 4.03g (4.48%), Cholesterol: 54.8mg (18.27%), Sodium: 238.38mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Selenium: 9.83µg (14.05%), Vitamin B1: 0.18mg (12.14%), Calcium: 116.88mg (11.69%), Folate: 42.64µg (10.66%), Vitamin B2: 0.17mg (10.24%), Phosphorus: 91.81mg (9.18%), Manganese: 0.18mg (9.04%), Vitamin A: 374.89IU (7.5%), Iron: 1.29mg (7.14%), Vitamin B3: 1.28mg (6.42%), Fiber: 1.15g (4.62%), Vitamin B12: 0.19µg (3.25%), Vitamin B5: 0.31mg (3.06%), Vitamin E: 0.41mg (2.73%), Potassium: 87.83mg (2.51%), Vitamin D: 0.37µg (2.47%), Magnesium: 9.63mg (2.41%), Zinc: 0.35mg (2.31%), Vitamin B6: 0.04mg (2.17%), Copper: 0.04mg (2.09%), Vitamin C: 1.67mg (2.02%), Vitamin K: 1.42µg (1.36%)