



Babs' Lemon Poppy Seed Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1 eggs lightly beaten
- ☐ 1 egg yolk beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon lemon extract
- ☐ 0.5 teaspoon lemon zest

- ☐ 2 teaspoons poppy seeds
- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 0.7 cup sugar
- ☐ 0.8 teaspoon vanilla extract

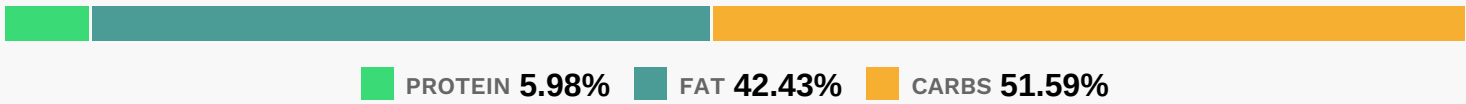
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin liners.
- ☐ Stir flour, poppy seeds, baking powder, and baking soda together in a bowl.
- ☐ Cream the sugar and butter together in a large bowl.
- ☐ Add the whole egg, then the egg yolk, allowing each to blend into the butter mixture before adding the next.
- ☐ Stir sour cream, vanilla, lemon peel, and lemon extract into the sugar mixture until well combined.
- ☐ Add flour mixture to sour cream mixture and stir until just moistened. Spoon batter into prepared muffin cups, filling each cup about 3/4 full.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 15 minutes. Cool for 5 minutes before removing to wire racks.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:16.43, Inflammation Score:-3, Nutrition Score:3.7217391509077%

Nutrients (% of daily need)

Calories: 183.71kcal (9.19%), Fat: 8.74g (13.44%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 23.37g (8.5%), Sugar: 11.64g (12.94%), Cholesterol: 50.94mg (16.98%), Sodium: 114.28mg (4.97%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Protein: 2.77g (5.54%), Selenium: 7.93µg (11.33%), Vitamin B1: 0.13mg (8.93%), Folate: 33.88µg (8.47%), Vitamin B2: 0.13mg (7.55%), Manganese: 0.14mg (7.22%), Vitamin A: 278.65IU (5.57%), Iron: 0.91mg (5.08%), Phosphorus: 49.24mg (4.92%), Vitamin B3: 0.95mg (4.73%), Calcium: 37.98mg (3.8%), Vitamin B5: 0.22mg (2.21%), Fiber: 0.53g (2.11%), Vitamin E: 0.29mg (1.94%), Copper: 0.04mg (1.89%), Zinc: 0.28mg (1.87%), Magnesium: 7.18mg (1.79%), Vitamin B12: 0.1µg (1.66%), Potassium: 45.25mg (1.29%), Vitamin B6: 0.03mg (1.26%), Vitamin D: 0.15µg (1.03%)