



## Brunch Cream Cheese Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 teaspoons double-acting baking powder
- 0.3 cup confectioners' sugar
- 8 ounce cream cheese softened
- 2 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon lemon zest
- 0.8 cup milk
- 0.5 teaspoon salt

- 0.1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 0.3 cup sugar white

## Equipment

- bowl
- oven
- hand mixer
- muffin liners
- muffin tray

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Oil bottoms only of medium muffin tins.
- Mix together cream cheese, 1/4 cup white sugar, lemon peel, vanilla, and 1 egg with an electric mixer. Set filling aside.
- In a large bowl, mix together flour, 1/3 cup white sugar, baking powder, and salt until well blended. Beat remaining egg, and stir in milk and oil; pour into flour mixture, and stir until moistened. Fill muffin cups about 1/2 full. Spoon 1 teaspoon filling onto batter. Top with batter to 3/4 full.
- Bake 30 to 35 minutes. Don't brown these; muffins should be light in color.
- Roll while still hot in sifted confectioners' sugar.

## Nutrition Facts



**PROTEIN 9%** **FAT 41.56%** **CARBS 49.44%**

## Properties

Glycemic Index:37.76, Glycemic Load:24.28, Inflammation Score:-5, Nutrition Score:8.260869656568%

## Nutrients (% of daily need)

Calories: 314.22kcal (15.71%), Fat: 14.59g (22.44%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 38.19g (13.89%), Sugar: 14.29g (15.88%), Cholesterol: 72.3mg (24.1%), Sodium: 418.47mg

(18.19%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 7.11g (14.22%), Selenium: 16.92µg (24.17%), Vitamin B1: 0.27mg (17.94%), Vitamin B2: 0.3mg (17.87%), Folate: 64.93µg (16.23%), Calcium: 155.01mg (15.5%), Phosphorus: 141.85mg (14.19%), Manganese: 0.22mg (11.07%), Iron: 1.85mg (10.27%), Vitamin A: 477.25IU (9.55%), Vitamin B3: 1.9mg (9.52%), Vitamin K: 5.8µg (5.53%), Vitamin B5: 0.55mg (5.53%), Vitamin B12: 0.28µg (4.73%), Vitamin E: 0.61mg (4.08%), Zinc: 0.6mg (3.99%), Magnesium: 13.93mg (3.48%), Potassium: 121.22mg (3.46%), Fiber: 0.86g (3.44%), Vitamin D: 0.47µg (3.14%), Vitamin B6: 0.06mg (3.13%), Copper: 0.06mg (2.98%)