



## Cheesecake-Poppy Seed Muffins

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 ounces cream cheese softened
- 2 eggs
- 0.8 cup milk
- 1 box poppy seeds
- 0.3 cup vegetable oil

### Equipment

- bowl
- frying pan

- oven
- microwave
- muffin liners
- kitchen scissors

## Directions

- Heat oven to 425F.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- Squeeze Glaze packet (from muffin mix) about 10 seconds (do not microwave).
- Cut off tip of 1 corner of packet with scissors. In small bowl, stir together cream cheese and about half of the glaze. Reserve remaining glaze for topping.
- In medium bowl, stir Muffin
- Mix, milk, oil and eggs just until blended (batter may be lumpy).
- Place 1 tablespoonful of batter in each muffin cup. Top batter in each cup with about 1 teaspoon cream cheese mixture. Divide remaining batter among muffin cups (each about two-thirds full).
- Bake 17 to 22 minutes or until golden brown and tops spring back when lightly touched. Cool 5 minutes; remove from pan. Cool 5 minutes longer.
- Drizzle remaining Glaze over muffins; serve warm. Refrigerate any remaining muffins.

## Nutrition Facts

**PROTEIN 8.72%** **FAT 85.79%** **CARBS 5.49%**

## Properties

Glycemic Index:5.83, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:1.9965217260887%

## Nutrients (% of daily need)

Calories: 85.03kcal (4.25%), Fat: 8.2g (12.62%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.16g (0.42%), Sugar: 1.03g (1.14%), Cholesterol: 36.27mg (12.09%), Sodium: 38.48mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Vitamin K: 8.57µg (8.16%), Selenium: 3.16µg (4.52%), Vitamin B2: 0.07mg (4.17%), Phosphorus: 38.23mg (3.82%), Vitamin E: 0.52mg (3.46%), Vitamin A:

159.49IU (3.19%), Calcium: 30.94mg (3.09%), Vitamin B12: 0.16µg (2.72%), Vitamin B5: 0.21mg (2.1%), Vitamin D: 0.31µg (2.1%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.03mg (1.3%), Potassium: 42.95mg (1.23%), Folate: 4.15µg (1.04%)