



Glazed Lemon-Crumb Muffins

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



620 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup butter unsalted melted
- ☐ 4 cups flour all-purpose
- ☐ 2 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 4 eggs

- ☐ 2 cups granulated sugar
- ☐ 1 cup vegetable oil
- ☐ 2 cups cream sour
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon extract
- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup powdered sugar
- ☐ 5 teaspoons juice of lemon fresh

Equipment

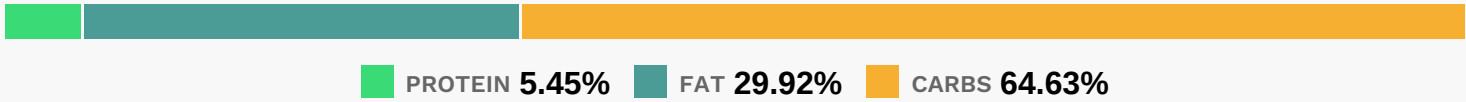
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F.
- ☐ Place paper baking cup in each of 12 jumbo or 24 regular-size nonstick muffin cups. In small bowl, mix topping ingredients with fork until crumbly; set aside.
- ☐ In large bowl, mix 4 cups flour, the baking soda and 1 teaspoon salt. In another large bowl, beat eggs with electric mixer on medium speed about 2 minutes or until frothy.
- ☐ Add 2 cups granulated sugar and the oil; beat until creamy.
- ☐ Add sour cream, lemon peel, 2 tablespoons lemon juice, the lemon extract and vanilla; mix well. Stir in flour mixture just until blended. Fill muffin cups 3/4 full. Divide crumb topping evenly over batter in each muffin cup.
- ☐ Bake jumbo muffins 22 to 28 minutes, regular-size muffins 20 to 22 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan. Cool completely.

- ☐ In small bowl, mix glaze ingredients until well blended.
- ☐ Drizzle over muffins.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:65.1, Inflammation Score:-6, Nutrition Score:11.113478339237%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 619.75kcal (30.99%), Fat: 20.85g (32.07%), Saturated Fat: 9.83g (61.44%), Carbohydrates: 101.34g (33.78%), Net Carbohydrates: 99.8g (36.29%), Sugar: 58.93g (65.48%), Cholesterol: 97.51mg (32.5%), Sodium: 436.01mg (18.96%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 8.54g (17.07%), Selenium: 24.91µg (35.59%), Vitamin B1: 0.44mg (29.65%), Folate: 110.54µg (27.63%), Vitamin B2: 0.42mg (24.54%), Manganese: 0.39mg (19.29%), Vitamin B3: 3.29mg (16.43%), Iron: 2.86mg (15.91%), Phosphorus: 119.95mg (12%), Vitamin A: 554.91IU (11.1%), Vitamin K: 8.13µg (7.74%), Fiber: 1.54g (6.17%), Vitamin B5: 0.61mg (6.11%), Calcium: 59.09mg (5.91%), Vitamin E: 0.86mg (5.71%), Copper: 0.1mg (5.17%), Zinc: 0.72mg (4.78%), Magnesium: 18.21mg (4.55%), Potassium: 136.15mg (3.89%), Vitamin B12: 0.23µg (3.79%), Vitamin B6: 0.07mg (3.4%), Vitamin C: 2.76mg (3.35%), Vitamin D: 0.44µg (2.9%)