



## Glazed Lemon Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.3 cup butter melted
- 1 large eggs lightly beaten
- 1.8 cups flour all-purpose
- 8 ounce carton lemon yogurt
- 0.3 cup juice of lemon
- 1 tablespoon juice of lemon

- 1 tablespoon lemon rind grated
- 2 teaspoons lemon rind grated
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.8 cup sugar

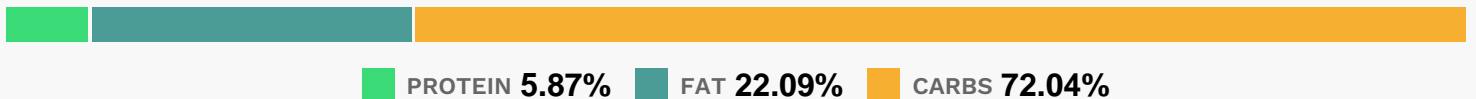
## Equipment

- bowl
- sauce pan
- oven
- wire rack

## Directions

- Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- Combine egg, yogurt, butter, and 1 tablespoon lemon juice; add to dry ingredients, stirring just until moistened. Spoon batter into greased muffin pans, filling three-fourths full.
- Bake at 400 for 18 to 20 minutes or until golden. Cool in pans on a wire rack 5 minutes; remove from pans and place on wire rack. Prick muffins with a wooden pick.
- Combine 1/4 cup sugar, 2 teaspoons lemon rind, and 1/3 cup lemon juice in a saucepan. Cook over medium heat, stirring constantly, until sugar dissolves. Spoon glaze over warm muffins.

## Nutrition Facts



## Properties

Glycemic Index:20.79, Glycemic Load:16.57, Inflammation Score:-2, Nutrition Score:3.3552174032058%

## Flavonoids

Eriodictyol: 3.32mg, Eriodictyol: 3.32mg, Eriodictyol: 3.32mg, Eriodictyol: 3.32mg Hesperetin: 4.83mg, Hesperetin: 4.83mg, Hesperetin: 4.83mg, Hesperetin: 4.83mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

0.18mg, Quercetin: 0.18mg

## **Nutrients (% of daily need)**

Calories: 133.72kcal (6.69%), Fat: 3.39g (5.21%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 23.99g (8.72%), Sugar: 13.06g (14.51%), Cholesterol: 11.63mg (3.88%), Sodium: 152.8mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.05%), Vitamin C: 10.66mg (12.92%), Selenium: 5.74µg (8.2%), Vitamin B1: 0.12mg (7.76%), Folate: 29.37µg (7.34%), Vitamin B2: 0.09mg (5.28%), Manganese: 0.1mg (4.99%), Iron: 0.82mg (4.54%), Vitamin B3: 0.83mg (4.16%), Fiber: 0.85g (3.4%), Phosphorus: 30.07mg (3.01%), Vitamin A: 147.54IU (2.95%), Calcium: 24.59mg (2.46%), Copper: 0.03mg (1.48%), Vitamin B5: 0.15mg (1.48%), Potassium: 47.5mg (1.36%), Vitamin B6: 0.03mg (1.34%), Magnesium: 5.15mg (1.29%), Vitamin E: 0.18mg (1.22%)