



## Gluten-Free Lemon Poppy Seed Muffins

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 16 oz flour gluten free
- 2 tablespoons poppy seeds
- 1.5 teaspoons double-acting baking powder gluten-free
- 1 teaspoon baking soda
- 0.8 teaspoon xanthan gum
- 0.5 teaspoon salt
- 0.7 cup granulated sugar
- 0.5 cup butter softened

- 2 eggs
- 0.7 cup cream gluten-free sour
- 2 tablespoons lemon zest grated
- 2 tablespoons juice of lemon fresh
- 0.5 cup powdered sugar
- 1 tablespoons juice of lemon fresh

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

## Directions

- Heat oven to 375°F for shiny aluminum pan, 350°F for dark nonstick pan.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease cups with shortening or cooking spray.
- In medium bowl, stir together flour blend, poppy seed, baking powder, baking soda, xanthan gum and salt; set aside.
- In large bowl, beat granulated sugar and softened butter on medium speed about 3 minutes or until light and fluffy.
- Add eggs, one at a time, beating on medium speed 1 minute after each addition. Beat in sour cream, lemon peel and 2 tablespoons lemon juice until smooth. Gradually beat or stir in dry mixture (dough will be thick). Divide batter evenly among muffin cups. Smooth tops of batter in cups with wet fingers.
- Bake 20 to 24 minutes or until toothpick inserted in center of muffin comes out clean. Cool 5 minutes in pan; remove from pan to cooling rack. Meanwhile, in small bowl, mix powdered sugar and lemon juice until thin enough to drizzle.
- Drizzle over muffins.

# Nutrition Facts

PROTEIN 6.99% FAT 33.88% CARBS 59.13%

## Properties

Glycemic Index:24.34, Glycemic Load:28.76, Inflammation Score:-4, Nutrition Score:7.7956522107124%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 313.48kcal (15.67%), Fat: 11.89g (18.29%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 45.1g (16.4%), Sugar: 16.73g (18.59%), Cholesterol: 55.15mg (18.38%), Sodium: 323.16mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Selenium: 15.94µg (22.78%), Vitamin B1: 0.32mg (21.13%), Folate: 75.78µg (18.94%), Manganese: 0.36mg (18.16%), Vitamin B2: 0.25mg (14.76%), Iron: 2.11mg (11.75%), Vitamin B3: 2.27mg (11.37%), Phosphorus: 92.25mg (9.22%), Calcium: 77.69mg (7.77%), Vitamin A: 356.29IU (7.13%), Fiber: 1.58g (6.3%), Copper: 0.09mg (4.46%), Magnesium: 16.38mg (4.1%), Zinc: 0.53mg (3.56%), Vitamin C: 2.87mg (3.48%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.4mg (2.68%), Potassium: 86.1mg (2.46%), Vitamin B6: 0.04mg (2.09%), Vitamin B12: 0.11µg (1.8%)