



## Lemon-Corn Muffins

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**8**

CALORIES



**251 kcal**

### Ingredients

- 0.3 cup butter melted
- 1 eggs beaten
- 0.5 teaspoon lemon extract
- 0.8 cup milk
- 6.5 ounces poppy seeds
- 0.8 cup cornmeal yellow

### Equipment

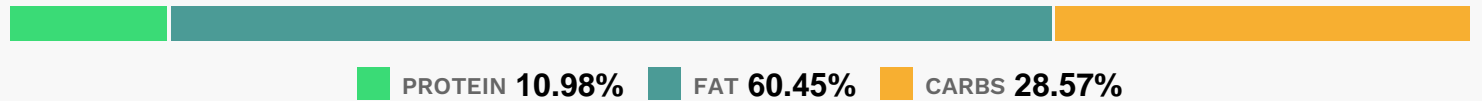
- bowl
- frying pan

- oven
- wire rack
- muffin liners

## Directions

- Heat oven to 400F. Line 8 muffin cups with paper baking cups, or grease bottoms only of muffin cups with shortening.
- In medium bowl, stir together muffin mix and cornmeal. Stir in milk, butter, lemon extract and egg just until dry ingredients are moistened. Divide batter evenly among muffin cups.
- Bake muffins 17 to 22 minutes or until golden brown. Cool 5 minutes; remove from pan to wire rack.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:13.94, Glycemic Load:6.99, Inflammation Score:-6, Nutrition Score:14.100869424317%

## Nutrients (% of daily need)

Calories: 250.76kcal (12.54%), Fat: 17.41g (26.79%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 12.63g (4.59%), Sugar: 2.04g (2.27%), Cholesterol: 23.2mg (7.73%), Sodium: 89.98mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Manganese: 1.64mg (82.14%), Calcium: 365.47mg (36.55%), Phosphorus: 269.56mg (26.96%), Magnesium: 99.5mg (24.87%), Fiber: 5.89g (23.57%), Copper: 0.41mg (20.75%), Vitamin B1: 0.26mg (17.14%), Zinc: 2.45mg (16.31%), Iron: 2.79mg (15.5%), Selenium: 6.13µg (8.75%), Vitamin B6: 0.17mg (8.44%), Potassium: 258.49mg (7.39%), Folate: 26.61µg (6.65%), Vitamin A: 320.5IU (6.41%), Vitamin B2: 0.1mg (5.66%), Vitamin E: 0.75mg (5.01%), Vitamin B5: 0.34mg (3.39%), Vitamin B3: 0.6mg (3.02%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.36µg (2.41%)