



Lemon Crumb Muffins

 Vegetarian

READY IN



65 min.

SERVINGS



40

CALORIES



69 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup butter cold cubed
- ☐ 8 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons lemon zest
- ☐ 0.8 teaspoon salt
- ☐ 2 cups cup heavy whipping cream sour

☐ 0.8 cup sugar white

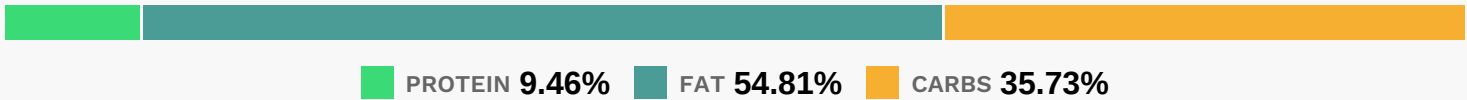
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease or line 40 muffin cups with paper liners.
- ☐ Mix 6 cups flour, 4 cups sugar, baking soda, and salt together in a large bowl.
- ☐ Whisk eggs, sour cream, melted butter, lemon zest, and lemon juice together in a separate bowl until smooth; pour egg mixture into flour mixture. Stir until just combined.
- ☐ Pour batter into the prepared muffin cups, filling them 3/4 full.
- ☐ Mix 3/4 cup flour and 3/4 cup sugar together in a bowl; cut cold butter cubes into flour mixture until mixture resembles coarse crumbs.
- ☐ Sprinkle crumb mixture atop each muffin.
- ☐ Bake in the preheated oven until a knife inserted in the center of a muffin comes out clean, 20 to 25 minutes. Cool for 5 minutes in the pans before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:3.91, Inflammation Score:-1, Nutrition Score:1.6256521642208%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 68.87kcal (3.44%), Fat: 4.26g (6.55%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.21g (4.68%), Cholesterol: 42.57mg (14.19%), Sodium: 89.43mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Selenium: 3.96µg (5.66%), Vitamin B2: 0.07mg (4.28%), Vitamin A: 154.89IU (3.1%), Phosphorus: 29.15mg (2.91%), Folate: 9.37µg (2.34%), Vitamin B5: 0.19mg (1.88%), Calcium: 17.95mg (1.79%), Vitamin B12: 0.1µg (1.75%), Vitamin B1: 0.02mg (1.65%), Iron: 0.28mg (1.54%), Vitamin C: 0.97mg (1.18%), Vitamin D: 0.18µg (1.17%), Vitamin E: 0.17mg (1.15%), Zinc: 0.17mg (1.14%), Vitamin B6: 0.02mg (1.09%)