



Lemon-Herb Muffins



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



33 min.

SERVINGS



12

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup water
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon basil dried crumbled
- ☐ 0.3 cup evaporated cane juice white

☐ 2 cups frangelico

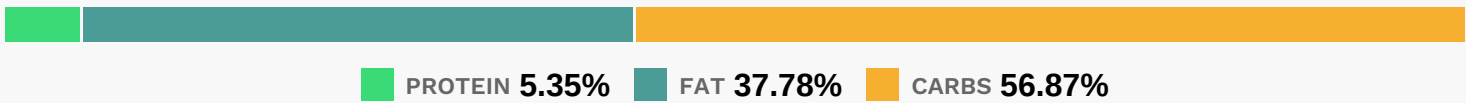
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- ☐ Beat eggs slightly in medium bowl; stir in remaining ingredients except sugar crystals just until moistened. Divide batter evenly among cups; sprinkle with sugar crystals.
- ☐ Bake 15 to 20 minutes or until tops are golden brown.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:1.1521739167688%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 67.08kcal (3.35%), Fat: 3g (4.61%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 10.1g (3.67%), Sugar: 9.87g (10.97%), Cholesterol: 27.28mg (9.09%), Sodium: 10.81mg (0.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin K: 4.9µg (4.67%), Selenium: 2.29µg (3.27%), Vitamin C: 2.18mg (2.65%), Vitamin B2: 0.04mg (2.12%), Vitamin E: 0.27mg (1.83%), Phosphorus: 15.06mg (1.51%), Vitamin B5: 0.12mg (1.2%), Folate: 4.61µg (1.15%), Vitamin B12: 0.07µg (1.09%)