



Lemon-Herb Muffins



Vegetarian



Dairy Free



Low Fod Map

READY IN



33 min.

SERVINGS



12

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

☐ 2 cups baking mix original bisquick®

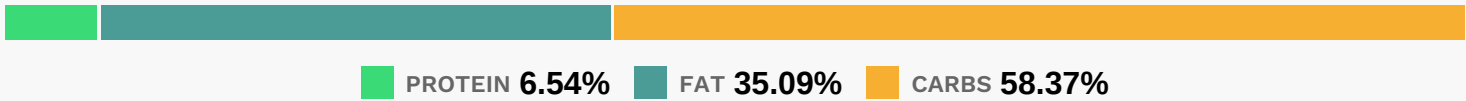
Equipment

- ☐ 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:11.68, Glycemic Load:6.79, Inflammation Score:-1, Nutrition Score:3.7221739058909%

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: 154.85kcal (7.74%), Fat: 6.09g (9.37%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 22.32g (8.12%), Sugar: 12.2g (13.55%), Cholesterol: 27.68mg (9.23%), Sodium: 266.05mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Phosphorus: 132.06mg (13.21%), Vitamin B1: 0.12mg (7.95%), Folate: 29.61µg (7.4%), Vitamin B2: 0.12mg (7.3%), Vitamin K: 6.2µg (5.91%), Selenium: 3.82µg (5.45%), Vitamin B3: 0.92mg (4.61%), Calcium: 41.61mg (4.16%), Iron: 0.73mg (4.06%), Manganese: 0.08mg (3.76%), Vitamin B5: 0.3mg (2.97%), Vitamin C: 2.24mg (2.72%), Vitamin B12: 0.14µg (2.39%), Vitamin E: 0.3mg (2.01%), Copper: 0.04mg (1.97%), Fiber: 0.47g (1.87%), Magnesium: 6.56mg (1.64%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.22mg (1.48%), Potassium: 49.51mg (1.41%)