

Lemon Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar white

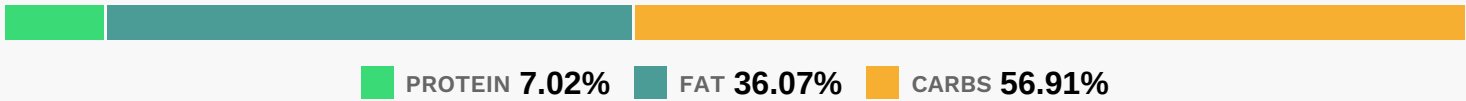
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400 degrees F (205 degrees C). Grease bottoms only of 12 muffin cups or line with baking cups.
- ☐ In a medium bowl, combine flour, sugar, baking powder, lemon zest and salt; mix well. In a small bowl, combine milk, oil and egg; blend well.
- ☐ Add dry ingredients all at once; stir just until dry ingredients are moistened (batter will be lumpy.)
- ☐ Fill cups 2/3 full.
- ☐ Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 1 minute before removing from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:17.84, Inflammation Score:-2, Nutrition Score:4.7482608764068%

Nutrients (% of daily need)

Calories: 176.61kcal (8.83%), Fat: 7.12g (10.96%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 24.68g (8.97%), Sugar: 9.14g (10.16%), Cholesterol: 15.47mg (5.16%), Sodium: 214.43mg (9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Selenium: 8.53µg (12.19%), Vitamin B1: 0.17mg (11.59%), Vitamin K: 11.26µg (10.72%), Folate: 39.91µg (9.98%), Vitamin B2: 0.14mg (8.39%), Calcium: 83.51mg (8.35%), Manganese: 0.14mg (7.22%), Phosphorus: 67.13mg (6.71%), Iron: 1.15mg (6.4%), Vitamin B3: 1.25mg (6.25%),

Vitamin E: 0.56mg (3.7%), Fiber: 0.62g (2.47%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.12µg (1.92%),
Magnesium: 7.2mg (1.8%), Zinc: 0.26mg (1.72%), Copper: 0.03mg (1.7%), Vitamin D: 0.24µg (1.61%), Potassium:
51.41mg (1.47%), Vitamin B6: 0.03mg (1.28%)