



## Lemon Muffins with Pudding Mix

 Vegetarian

READY IN



22 min.

SERVINGS



12

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 8 tablespoons butter melted
- ☐ 2 eggs
- ☐ 1.8 cup flour all-purpose ( 8 oz total)
- ☐ 1 cup granulated sugar
- ☐ 4 serving lemon pudding mix instant
- ☐ 1 tablespoon lemon zest grated fine (my friend taste tested and thought 1 was )

- ☐ 2 tablespoons poppy seeds (more if desired)
- ☐ 0.8 teaspoon salt
- ☐ 1 cup milk whole

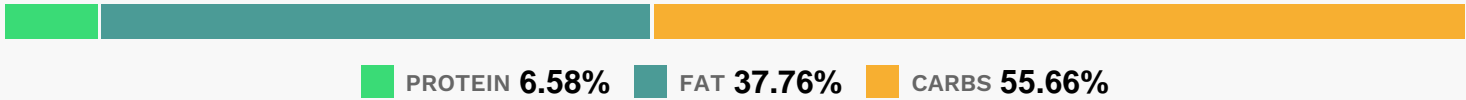
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ wooden spoon
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 375 degrees F. Line 12 muffin cups with paper liners.In a large bowl, whisk together pudding mix, flour, sugar, baking powder, baking soda and salt. Stir in poppy seeds.In a medium bowl, whisk together eggs, milk, and lemon juice.
- ☐ Add this mixture to the dry ingredients and then pour in the melted butter. Using a wooden spoon, stir batter just until combined.Evenly divide batter between 12 muffin cups.
- ☐ Bake for 22 minutes or until a toothpick placed in the center comes out clean or with a few moist crumbs attached.
- ☐ Remove and place pan on a wire rack for 5 minutes.
- ☐ Remove the muffins from the pan and let cool.

## Nutrition Facts



## Properties

Glycemic Index:27.51, Glycemic Load:22.15, Inflammation Score:-3, Nutrition Score:5.1034782425217%

Nutrients (% of daily need)

Calories: 229.62kcal (11.48%), Fat: 9.78g (15.04%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 31.58g (11.48%), Sugar: 17.76g (19.73%), Cholesterol: 49.79mg (16.6%), Sodium: 352.67mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Selenium: 9.22µg (13.17%), Manganese: 0.23mg (11.45%), Vitamin B1: 0.17mg (11.4%), Folate: 38.38µg (9.6%), Vitamin B2: 0.16mg (9.41%), Phosphorus: 77.41mg (7.74%), Calcium: 76.19mg (7.62%), Iron: 1.17mg (6.52%), Vitamin A: 306.03IU (6.12%), Vitamin B3: 1.12mg (5.61%), Fiber: 0.84g (3.35%), Magnesium: 12.9mg (3.23%), Vitamin B12: 0.19µg (3.18%), Zinc: 0.44mg (2.91%), Copper: 0.06mg (2.9%), Vitamin B5: 0.28mg (2.85%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.34mg (2.28%), Potassium: 74.4mg (2.13%), Vitamin B6: 0.04mg (1.89%)