



Lemon-Poppy Seed Mini-Muffins

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



20 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 0.8 cup milk
- 1 box poppy seeds
- 0.3 cup vegetable oil

Equipment


- bowl
- frying pan
- oven

- microwave
- muffin liners
- kitchen scissors

Directions

- Heat oven to 425F.
- Place miniature paper baking cup in each of 36 mini-muffin cups, or grease bottoms only of muffin cups.
- In medium bowl, stir Muffin
- Mix, milk, oil and eggs just until blended (batter may be lumpy). Spoon about 1 tablespoonful batter into each muffin cup so cups are about two-thirds full.
- Bake 10 to 12 minutes or until golden brown and tops spring back when lightly touched. Cool 3 to 4 minutes; remove from pan. Squeeze Glaze packet about 10 seconds (do not microwave).
- Cut off tip of 1 corner of packet with scissors.
- Drizzle over muffins.

Nutrition Facts

  
 **PROTEIN 9.47%**  **FAT 85.34%**  **CARBS 5.19%**

Properties

Glycemic Index:1.19, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.55391304891395%

Nutrients (% of daily need)

Calories: 20.07kcal (1%), Fat: 1.92g (2.95%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.25g (0.28%), Cholesterol: 9.7mg (3.23%), Sodium: 5.41mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin K: 2.81µg (2.67%), Selenium: 0.85µg (1.22%), Vitamin B2: 0.02mg (1.07%), Phosphorus: 10.22mg (1.02%), Vitamin E: 0.15mg (1.02%)