



Lemon Poppy Seed Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 eggs
- 3 ounce lemon pudding mix instant
- 0.3 cup poppy seeds
- 0.5 cup vegetable oil
- 1 cup water hot
- 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

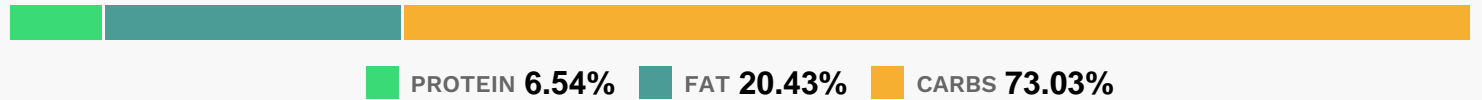
- bowl

- oven
- hand mixer
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line muffin cups with paper liners.
- Beat cake mix, eggs, hot water, vegetable oil, pudding mix, and poppy seeds together in a large bowl with an electric mixer on low until blended, about 4 minutes; pour into lined muffin cups to about 1/3 full.
- Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:0.14, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8930434847817%

Nutrients (% of daily need)

Calories: 77.45kcal (3.87%), Fat: 1.77g (2.72%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 13.93g (5.07%), Sugar: 6.26g (6.96%), Cholesterol: 18.19mg (6.06%), Sodium: 124.03mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Phosphorus: 60.34mg (6.03%), Calcium: 43.36mg (4.34%), Manganese: 0.08mg (3.8%), Vitamin B2: 0.06mg (3.34%), Folate: 12.64µg (3.16%), Selenium: 2.05µg (2.93%), Vitamin B1: 0.04mg (2.75%), Iron: 0.46mg (2.54%), Vitamin B3: 0.34mg (1.72%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.55µg (1.47%), Copper: 0.03mg (1.34%), Vitamin B5: 0.13mg (1.3%), Fiber: 0.31g (1.24%), Magnesium: 4.59mg (1.15%), Vitamin B6: 0.02mg (1.06%), Zinc: 0.16mg (1.05%)