



## Lemon Poppy Seed Muffins

 Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 large eggs
- 3.4 oz reg. size containers lemon pudding instant
- 1 box lemon cake mix
- 2 Tbsp poppy seeds
- 0.3 cup vegetable oil
- 1 cup water boiling

### Equipment

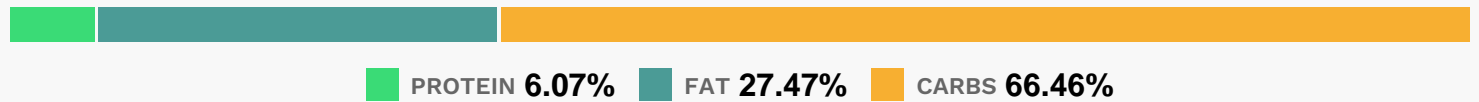
- bowl

- oven
- muffin tray

## Directions

- Preheat oven to 350 and line 2 muffin tins with cupcake wrappers.
- In a large bowl, combine all of the ingredients, except water, and mix well.
- Slowly add the boiling water into the mixture, and mix as you add it.
- Pour the batter into the muffin pan and fill the liners way full.
- Bake for 15-17 minutes or until the muffins are a light golden brown on top.

## Nutrition Facts



## Properties

Glycemic Index:0.21, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.924347826087%

## Nutrients (% of daily need)

Calories: 129.69kcal (6.48%), Fat: 3.99g (6.13%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 21.3g (7.75%), Sugar: 9.38g (10.42%), Cholesterol: 31mg (10.33%), Sodium: 189.66mg (8.25%), Protein: 1.98g (3.97%), Phosphorus: 89.78mg (8.98%), Calcium: 61.16mg (6.12%), Vitamin B2: 0.09mg (5.27%), Folate: 19.17µg (4.79%), Selenium: 3.35µg (4.78%), Manganese: 0.09mg (4.68%), Vitamin K: 4.83µg (4.6%), Vitamin B1: 0.06mg (3.97%), Iron: 0.67mg (3.74%), Vitamin E: 0.48mg (3.23%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.21mg (2.1%), Copper: 0.04mg (1.8%), Vitamin B6: 0.03mg (1.64%), Fiber: 0.41g (1.62%), Vitamin B12: 0.1µg (1.6%), Zinc: 0.23mg (1.5%), Magnesium: 5.96mg (1.49%), Vitamin D: 0.17µg (1.11%)