



WHATSheATE



Lemon Poppy Seed Muffins



Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 0.3 cup lemon curd (from 10)
- ☐ 0.8 cup milk
- ☐ 15.8 oz poppy seeds with glaze)
- ☐ 0.3 cup vegetable oil

Equipment

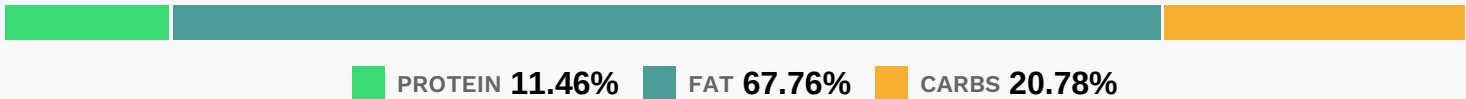
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ microwave
- ☐ muffin liners
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 425F. Line 15 standard-size muffin cups with paper baking cups. In medium bowl, stir muffin mix, milk, oil and eggs with spoon just until blended (batter may be lumpy).
- ☐ Spoon about 2 tablespoons batter into each muffin cup.
- ☐ Place about 1 teaspoon lemon curd on batter in each cup. Top with remaining batter, dividing evenly among cups.
- ☐ Bake 14 to 17 minutes or until golden brown. Cool in pan on wire rack 10 minutes.
- ☐ Remove from pan.
- ☐ Squeeze Glaze packet from muffin mix about 10 seconds (do not microwave). With scissors, cut off tip of 1 corner of packet.
- ☐ Drizzle glaze over warm muffins.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:15.251304465791%

Nutrients (% of daily need)

Calories: 221.43kcal (11.07%), Fat: 17.45g (26.85%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 6.21g (2.26%), Sugar: 4.51g (5.02%), Cholesterol: 23.29mg (7.76%), Sodium: 35.8mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Manganese: 2mg (100.25%), Calcium: 447.7mg (44.77%), Phosphorus: 283.73mg (28.37%), Magnesium: 105.79mg (26.45%), Copper: 0.49mg (24.51%), Fiber: 5.83g (23.33%), Vitamin B1: 0.26mg (17.61%), Iron: 3.02mg (16.77%), Zinc: 2.48mg (16.57%), Selenium: 6.06µg (8.66%), Potassium: 241.1mg (6.89%), Folate: 27.24µg (6.81%), Vitamin K: 6.74µg (6.42%), Vitamin E: 0.89mg (5.96%),

Vitamin B6: 0.09mg (4.56%), Vitamin B2: 0.07mg (4.32%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.12µg (1.97%),
Vitamin D: 0.25µg (1.68%), Vitamin B3: 0.28mg (1.42%), Vitamin A: 51.44IU (1.03%)