



Lemon Poppy Seed Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 1.8 cups flour all-purpose
- ☐ 1 tablespoon lemon zest grated
- ☐ 1.3 cups buttermilk 1% low-fat ()
- ☐ 1 tablespoon poppy seeds

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar

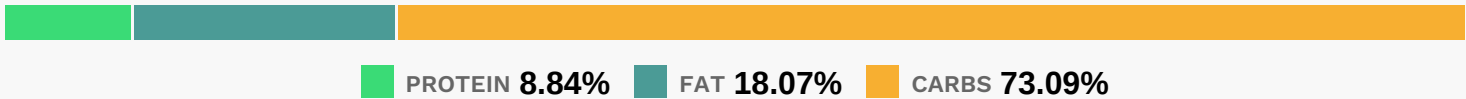
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Place 12 muffin cup liners in muffin cups.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients in a medium bowl; stir well with a whisk. Stir in lemon rind and poppy seeds; make a well in center of mixture.
- ☐ Combine buttermilk, butter, and egg; stir well with a whisk.
- ☐ Add to flour mixture, stirring just until moist.
- ☐ Spoon batter into prepared muffin cups, filling 3/4 full.
- ☐ Bake at 400 for 20 to 22 minutes or until golden brown.
- ☐ Cool in pan 5 minutes on a wire rack; remove from pan.
- ☐ Place on wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:19, Inflammation Score:-2, Nutrition Score:4.3447825902182%

Nutrients (% of daily need)

Calories: 151.78kcal (7.59%), Fat: 3.09g (4.75%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 27.42g (9.97%), Sugar: 13.78g (15.31%), Cholesterol: 21.52mg (7.17%), Sodium: 289.46mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Selenium: 8.16µg (11.66%), Vitamin B1: 0.16mg (10.67%), Calcium: 95.23mg (9.52%), Folate: 37.32µg (9.33%), Vitamin B2: 0.15mg (8.94%), Manganese: 0.18mg (8.86%), Phosphorus: 75.59mg (7.56%), Iron: 1.11mg (6.15%), Vitamin B3: 1.1mg (5.52%), Fiber: 0.69g (2.77%), Magnesium: 10.21mg (2.55%), Zinc: 0.35mg (2.34%), Copper: 0.05mg (2.28%), Vitamin B5: 0.22mg (2.19%), Potassium: 70.19mg (2.01%), Vitamin A: 92.81IU (1.86%), Vitamin B12: 0.1µg (1.6%), Vitamin B6: 0.03mg (1.32%), Vitamin C: 0.9mg (1.09%)