



Lemon Poppy Seed Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons lemon zest grated
- ☐ 0.7 cup milk
- ☐ 0.3 cup poppy seeds
- ☐ 0.5 teaspoon salt

☐ 1 cup sugar

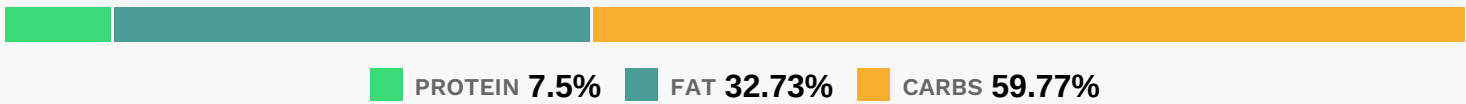
Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers
- ☐ muffin liners

Directions

- ☐ In a bowl, mix flour, poppy seeds, baking soda, and salt.
- ☐ In another bowl, beat butter and sugar until well blended.
- ☐ Add eggs and beat until incorporated. Beat in lemon peel and lemon juice.
- ☐ Add half the flour mixture and stir just until evenly moistened, then stir in milk and remaining flour mixture. Spoon batter equally into 12 paper-lined muffin cups.
- ☐ Bake in a 350 regular or convection oven until tops are browned and a wooden skewer inserted in the center comes out clean, 15 to 18 minutes.
- ☐ Let stand on a rack 5 minutes, then remove muffins and let cool completely.
- ☐ Dip top of each muffin in lemon glaze; allow excess to drip off. Return to rack until glaze is set, about 15 minutes.
- ☐ Lemon glaze: In a bowl, mix 1/2 cup powdered sugar, 2 tablespoons lemon juice, and 1/2 teaspoon vanilla until smooth. Use immediately.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:29.14, Inflammation Score:-5, Nutrition Score:7.5704348048438%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 282.52kcal (14.13%), Fat: 10.37g (15.96%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 41.12g (14.95%), Sugar: 17.7g (19.66%), Cholesterol: 32.63mg (10.88%), Sodium: 478.31mg (20.8%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.35g (10.69%), Manganese: 0.4mg (20.2%), Selenium: 13.9µg (19.86%), Vitamin B1: 0.28mg (18.88%), Folate: 64.96µg (16.24%), Vitamin B2: 0.22mg (13.08%), Iron: 1.89mg (10.5%), Vitamin B3: 1.9mg (9.51%), Phosphorus: 90.95mg (9.09%), Vitamin A: 406.19IU (8.12%), Calcium: 70.78mg (7.08%), Fiber: 1.51g (6.05%), Magnesium: 19.98mg (5%), Copper: 0.1mg (4.98%), Vitamin C: 3.96mg (4.8%), Zinc: 0.61mg (4.06%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.47mg (3.12%), Potassium: 98.15mg (2.8%), Vitamin B12: 0.16µg (2.61%), Vitamin B6: 0.05mg (2.44%), Vitamin D: 0.32µg (2.11%)