



Lemon-Poppy Seed Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 8 ounce carton lemon yogurt low-fat
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons poppy seeds

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons vegetable oil

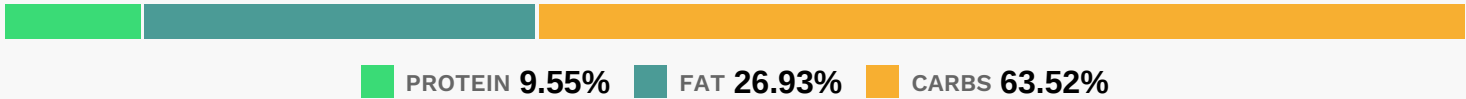
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine oil, rind, juice, yogurt, and egg; stir well.
- ☐ Add to dry ingredients, stirring just until moist.
- ☐ Spoon batter into each of 12 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 14 minutes or until golden.
- ☐ Remove muffins from pan immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:17.41, Inflammation Score:-2, Nutrition Score:5.292173958343%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 164.52kcal (8.23%), Fat: 4.95g (7.62%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 25.39g (9.23%), Sugar: 9.83g (10.93%), Cholesterol: 16.63mg (5.54%), Sodium: 195.05mg (8.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Selenium: 9.22µg (13.18%), Vitamin B1: 0.19mg (12.47%), Manganese: 0.25mg (12.27%), Folate: 43.91µg (10.98%), Vitamin B2: 0.17mg (9.76%), Calcium: 81.69mg (8.17%), Phosphorus: 78.54mg (7.85%), Iron: 1.25mg (6.92%), Vitamin B3: 1.27mg (6.36%), Vitamin K: 6.37µg (6.06%), Fiber: 0.88g (3.52%), Magnesium: 13.77mg (3.44%), Zinc: 0.49mg (3.26%), Copper: 0.06mg (3.05%), Vitamin B5: 0.28mg (2.75%), Vitamin E: 0.37mg (2.47%), Potassium: 86.14mg (2.46%), Vitamin B12: 0.14µg (2.38%), Vitamin C: 1.35mg (1.63%), Vitamin B6: 0.03mg (1.53%)