



Lemon Poppy Seed Muffins



Vegetarian



Popular

READY IN



50 min.

SERVINGS



12

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1 Tbsp double-acting baking powder (make sure your baking powder is no older than 6 months)
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 2 Tbsp poppy seeds
- ☐ 10 Tbsp butter unsalted softened ()
- ☐ 1 cup sugar
- ☐ 2 large eggs

- ☐ 1.5 cup yogurt plain
- ☐ 1 Tbsp lemon zest
- ☐ 2 Tbsp juice of lemon fresh
- ☐ 1 cup confectioner's sugar (powdered sugar)

Equipment

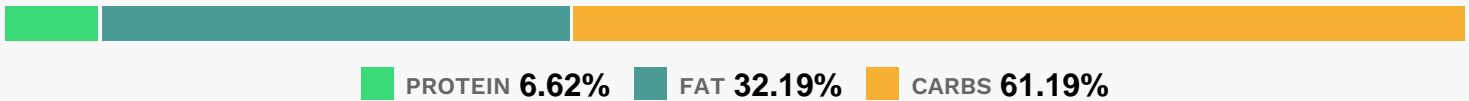
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin tray
- ☐ pastry brush

Directions

- ☐ Prepare oven: Adjust the oven rack to the middle-lower part of the oven. Preheat oven to 375°F.
- ☐ Mix the dry ingredients:
- ☐ Whisk together the flour, baking powder, baking soda, poppy seeds, and salt and set aside.
- ☐ Make the batter: In a large mixing bowl, beat the butter and sugar together, beating until fluffy (about 2 minutes with an electric mixer).
- ☐ Add eggs one at a time, beating until incorporated after each one. Beat in the lemon zest.
- ☐ Alternate adding flour mixture and yogurt: Beat in one third of the dry ingredients until just incorporated. Beat in one third of the yogurt. Beat in a third more of the dry ingredients. Beat in a second third of the yogurt. Beat in the remaining dry ingredients and then the remaining yogurt. Again be careful to beat until just incorporated. Do not over beat.
- ☐ Distribute batter into muffin pan: Use a standard 12-muffin muffin pan. Coat each muffin cup lightly with olive oil or a little melted butter using a pastry brush. Distribute the muffin dough equally among the cups.

- ☐ Bake at 375°F until muffins are golden brown, about 25 to 30 minutes. Use a tester to make sure the center of the muffins are done. Set muffin pan on wire rack to cool. After 5 minutes, remove muffins from pan.
- ☐ Make lemon glaze: While the muffins are cooling, in a bowl, whisk together the powdered sugar and lemon juice for the glaze.
- ☐ Add more lemon juice if necessary.
- ☐ While the muffins are still a bit warm, use a pastry brush to brush the glaze over each muffin. The muffins will absorb some of the glaze, so you add more glaze to each muffin if you like.
- ☐ Best eaten fresh and warm.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:29.42, Inflammation Score:-4, Nutrition Score:7.6630435171335%

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: 341.27kcal (17.06%), Fat: 12.36g (19.02%), Saturated Fat: 7.1g (44.36%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 51.67g (18.79%), Sugar: 28.09g (31.21%), Cholesterol: 60.42mg (20.14%), Sodium: 277.15mg (12.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Selenium: 14.31µg (20.44%), Vitamin B1: 0.27mg (18.1%), Folate: 65.37µg (16.34%), Manganese: 0.32mg (15.86%), Vitamin B2: 0.25mg (14.55%), Calcium: 130.25mg (13.02%), Phosphorus: 117.11mg (11.71%), Iron: 1.89mg (10.49%), Vitamin B3: 1.9mg (9.48%), Vitamin A: 371.43IU (7.43%), Fiber: 1.19g (4.77%), Magnesium: 17.37mg (4.34%), Zinc: 0.64mg (4.26%), Copper: 0.08mg (4.12%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.21µg (3.46%), Potassium: 109.92mg (3.14%), Vitamin E: 0.43mg (2.87%), Vitamin D: 0.37µg (2.5%), Vitamin B6: 0.04mg (2.19%), Vitamin C: 1.78mg (2.16%)