



## Lemon Poppy Seed Muffins



Vegetarian



Popular

READY IN



50 min.

SERVINGS



12

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 Tbsp double-acting baking powder (make sure your baking powder is no older than 6 months)
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 Tbsp juice of lemon fresh
- ☐ 1 Tbsp lemon zest
- ☐ 1.5 cup yogurt plain
- ☐ 2 Tbsp poppy seeds

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 cup confectioner's sugar (powdered sugar)
- ☐ 10 Tbsp butter unsalted softened ()

## Equipment

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

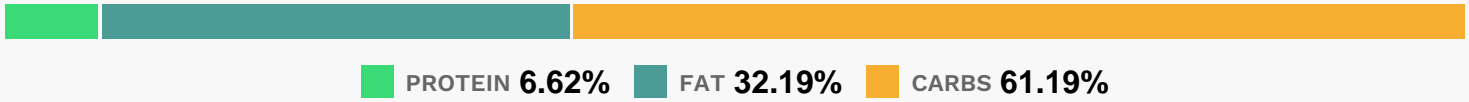
## Directions

- ☐ Adjust the oven rack to the middle-lower part of the oven. Preheat oven to 375°F.<sup>2</sup>
- ☐ Whisk together the flour, baking powder, baking soda, poppy seeds, and salt and set aside.<sup>3</sup> In a large mixing bowl, cream 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.<sup>4</sup> 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. <sup>5</sup> Use a standard 12-muffin muffin pan. Coat each muffin cup lightly with olive oil, grapeseed oil, or a little melted butter using a pastry brush. Distribute the muffin dough equally among the cups.
- ☐ Bake until muffins are golden brown, about 25 to 30 minutes. Test with a long toothpick (we use a thin bamboo skewer) 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.6 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%)