



Lemon-Raspberry Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon butter cold
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose divided
- ☐ 8 ounce lemon yogurt
- ☐ 1 teaspoon lemon rind grated
- ☐ 6 ounce raspberries fresh frozen ()
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup vegetable oil

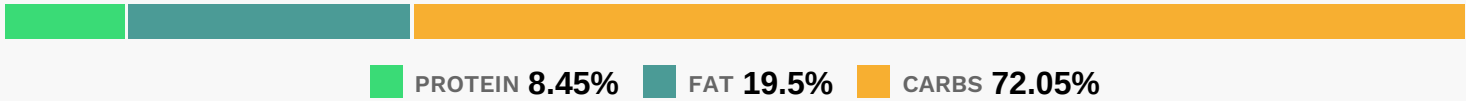
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Combine 2 cups flour, 1/2 cup sugar, baking powder, and salt in a large bowl; make a well in center of mixture.
- ☐ Stir together yogurt and next 3 ingredients; add to dry ingredients, stirring just until moistened.
- ☐ Toss together 2 tablespoons flour and raspberries; fold into batter. Spoon into lightly greased muffin pans, filling two-thirds full.
- ☐ Combine remaining 2 tablespoons flour and 3 tablespoons sugar; cut butter into mixture with a pastry blender or fork until crumbly. Spoon evenly over batter in muffin pans.
- ☐ Bake at 375 for 20 to 25 minutes or until golden.
- ☐ Remove muffins from pans immediately, and cool on wire racks.
- ☐ *Blueberries may be substituted for raspberries.

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:21.58, Inflammation Score:-3, Nutrition Score:6.3839130712592%

Flavonoids

Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin:

0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 4.04mg, Eriodictyol: 4.04mg, Eriodictyol: 4.04mg Hesperetin: 5.27mg, Hesperetin: 5.27mg, Hesperetin: 5.27mg, Hesperetin: 5.27mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 178.68kcal (8.93%), Fat: 3.96g (6.1%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 30.85g (11.22%), Sugar: 12.51g (13.9%), Cholesterol: 31mg (10.33%), Sodium: 209.18mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin C: 13.95mg (16.91%), Selenium: 10.68µg (15.26%), Vitamin B1: 0.2mg (13.31%), Manganese: 0.26mg (13.18%), Folate: 51.9µg (12.97%), Vitamin B2: 0.17mg (9.75%), Iron: 1.54mg (8.58%), Fiber: 2.1g (8.41%), Vitamin B3: 1.49mg (7.47%), Phosphorus: 67.49mg (6.75%), Calcium: 66.35mg (6.64%), Vitamin K: 4.54µg (4.33%), Vitamin B5: 0.31mg (3.14%), Copper: 0.06mg (3.03%), Vitamin E: 0.44mg (2.92%), Magnesium: 11.07mg (2.77%), Potassium: 85.23mg (2.44%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.34mg (2.3%), Vitamin A: 95.65IU (1.91%), Vitamin B12: 0.08µg (1.26%), Vitamin D: 0.17µg (1.11%)