



Lemon Yogurt-Poppy Seed Muffins (lighter)

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 2 tablespoons vegetable oil
- ☐ 6 oz yogurt yoplait®
- ☐ 0.3 cup eggs fat-free
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons poppy seeds

- ☐ 1 tablespoon lemon zest grated
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup powdered sugar
- ☐ 2 teaspoons juice of lemon

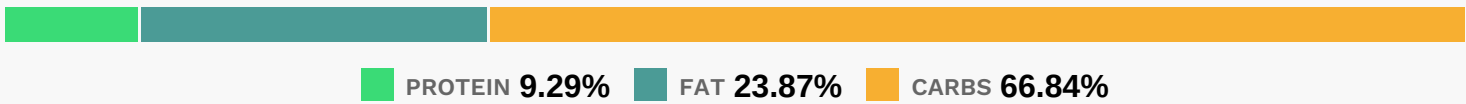
Equipment

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

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups, or line with paper baking cups. In large bowl, beat milk, applesauce, oil, yogurt and egg product until well blended. Stir in remaining muffin ingredients just until flour is moistened. Divide batter evenly among muffin cups.
- ☐ Bake 16 to 18 minutes or until golden brown. Immediately remove from pan. In small bowl, mix glaze ingredients until smooth and desired drizzling consistency.
- ☐ Drizzle over warm muffins.

Nutrition Facts



Properties

Glycemic Index:24.53, Glycemic Load:13.43, Inflammation Score:-2, Nutrition Score:4.9891304606977%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin:

0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 150.95kcal (7.55%), Fat: 4.04g (6.21%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 24.55g (8.93%), Sugar: 10.68g (11.87%), Cholesterol: 20.88mg (6.96%), Sodium: 248.36mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.07%), Selenium: 8.46µg (12.09%), Manganese: 0.23mg (11.46%), Vitamin B1: 0.17mg (11.18%), Calcium: 103.32mg (10.33%), Folate: 38.48µg (9.62%), Vitamin B2: 0.15mg (8.68%), Phosphorus: 82.15mg (8.21%), Iron: 1.2mg (6.68%), Vitamin B3: 1.12mg (5.6%), Vitamin K: 4.29µg (4.09%), Fiber: 0.9g (3.59%), Magnesium: 12.85mg (3.21%), Copper: 0.06mg (2.92%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.25mg (2.47%), Vitamin B12: 0.14µg (2.28%), Potassium: 76.4mg (2.18%), Vitamin E: 0.3mg (1.97%), Vitamin B6: 0.03mg (1.57%), Vitamin C: 1.1mg (1.34%), Vitamin D: 0.19µg (1.27%), Vitamin A: 57.03IU (1.14%)