



Meyer Lemon Coffee Cake Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 13.9 oz corn muffin mix quick
- 0.8 cup milk
- 0.3 cup vegetable oil
- 2 eggs
- 1 meyer lemon juice grated
- 1 serving lemon zest

Equipment

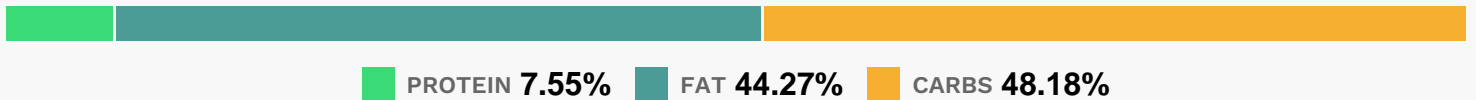
- bowl

- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 425°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In medium bowl, stir muffin mix, milk, oil, eggs, grated lemon peel and lemon juice until blended. Divide batter evenly among muffin cups, filling each about two-thirds full.
- Sprinkle streusel from packet over batter.
- Bake 16 to 20 minutes or until golden brown and toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack.
- Garnish with lemon peel strips.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.29, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:5.1791304349899%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 197.9kcal (9.89%), Fat: 9.74g (14.99%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 21.71g (7.89%), Sugar: 7.54g (8.37%), Cholesterol: 29.77mg (9.92%), Sodium: 284.54mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.47%), Phosphorus: 190.81mg (19.08%), Vitamin B1: 0.15mg (10.18%), Vitamin K: 10.06µg (9.58%), Folate: 34.75µg (8.69%), Fiber: 2.15g (8.59%), Vitamin B2: 0.14mg

(8.5%), Selenium: 4.38µg (6.26%), Vitamin B3: 1.12mg (5.61%), Manganese: 0.11mg (5.33%), Iron: 0.95mg (5.3%), Calcium: 41.83mg (4.18%), Vitamin E: 0.51mg (3.43%), Vitamin B5: 0.33mg (3.32%), Vitamin B6: 0.07mg (3.28%), Vitamin B12: 0.18µg (2.95%), Magnesium: 10.82mg (2.71%), Zinc: 0.35mg (2.31%), Potassium: 74.08mg (2.12%), Vitamin D: 0.31µg (2.1%), Vitamin A: 102.31IU (2.05%), Vitamin C: 1.53mg (1.85%), Copper: 0.03mg (1.7%)