



Meyer Lemon Coffee Cake Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15.2 oz just-add-water cornbread mix quick
- ☐ 2 eggs
- ☐ 1 meyer lemon juice grated
- ☐ 12 servings lemon zest
- ☐ 0.8 cup milk
- ☐ 0.3 cup vegetable oil

Equipment

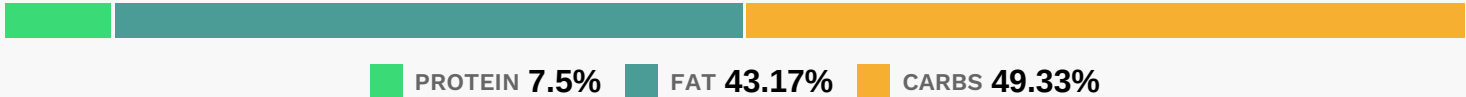
- ☐ bowl

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

Directions

- ☐ Heat oven to 425F.
- ☐ 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:3.17, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:5.5195652246475%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg 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: 210.81kcal (10.54%), Fat: 10.12g (15.57%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 23.65g (8.6%), Sugar: 8.17g (9.07%), Cholesterol: 29.83mg (9.94%), Sodium: 309.64mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Phosphorus: 205.84mg (20.58%), Vitamin B1: 0.17mg (11.06%), Vitamin K: 10.22µg (9.73%), Fiber: 2.37g (9.47%), Folate: 37.62µg (9.4%), Vitamin B2:

0.15mg (9%), Selenium: 4.56µg (6.51%), Vitamin B3: 1.23mg (6.13%), Manganese: 0.12mg (5.81%), Iron: 1.03mg (5.73%), Calcium: 43.83mg (4.38%), Vitamin B6: 0.07mg (3.49%), Vitamin B5: 0.35mg (3.47%), Vitamin E: 0.52mg (3.46%), Vitamin B12: 0.18µg (3%), Magnesium: 11.58mg (2.9%), Zinc: 0.36mg (2.43%), Potassium: 77.76mg (2.22%), Vitamin C: 1.75mg (2.12%), Vitamin A: 105.93IU (2.12%), Vitamin D: 0.31µg (2.1%), Copper: 0.04mg (1.84%)