



Pint-Size Lemon-Poppy Seed Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 2 large eggs
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup poppy seeds

- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

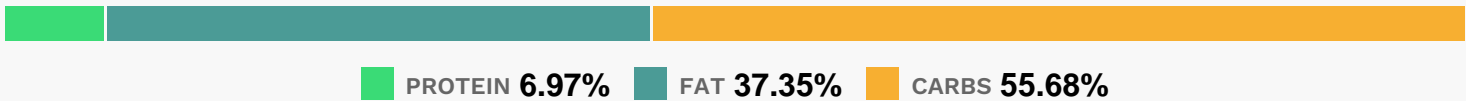
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Butter and flour three mini muffin pans or line with paper liners.
- ☐ Whisk flour, baking powder, 1/2 teaspoon coarse salt, and baking soda in medium bowl.
- ☐ Whisk buttermilk and lemon juice in small bowl to blend. Using electric mixer, beat sugar, butter, and lemon peel in large bowl to blend.
- ☐ Add eggs 1 at a time, beating well after each addition until mixture is light and fluffy, occasionally scraping down sides of bowl. Beat in dry ingredients in 3 additions alternately with buttermilk mixture in 2 additions.
- ☐ Mix just until blended.
- ☐ Mix in poppy seeds. Spoon batter into prepared muffin cups by generous tablespoonfuls.
- ☐ Bake muffins until tester inserted into center comes out clean, 22 to 24 minutes. Cool in pans 5 minutes.
- ☐ Remove muffins from pans and cool on rack.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:7.84, Inflammation Score:-1, Nutrition Score:1.9656521639098%

Flavonoids

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

Nutrients (% of daily need)

Calories: 81.27kcal (4.06%), Fat: 3.42g (5.26%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 11.14g (4.05%), Sugar: 5.94g (6.6%), Cholesterol: 17.85mg (5.95%), Sodium: 63.35mg (2.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Selenium: 3.61µg (5.16%), Manganese: 0.1mg (4.78%), Vitamin B1: 0.06mg (4.34%), Folate: 15.18µg (3.79%), Vitamin B2: 0.06mg (3.61%), Phosphorus: 27.97mg (2.8%), Calcium: 27.66mg (2.77%), Iron: 0.46mg (2.54%), Vitamin B3: 0.43mg (2.13%), Vitamin A: 104.84IU (2.1%), Fiber: 0.33g (1.3%), Copper: 0.03mg (1.3%), Magnesium: 5.08mg (1.27%), Vitamin D: 0.19µg (1.26%), Zinc: 0.17mg (1.12%), Vitamin B5: 0.11mg (1.05%), Vitamin B12: 0.06µg (1.01%)