



Poppy Seed-Ginger Muffins

READY IN



40 min.

SERVINGS



1

CALORIES



4745 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 1 serving glaze
- ☐ 0.8 cup butter softened
- ☐ 3 cups cake flour
- ☐ 2 large eggs separated
- ☐ 2 teaspoons ginger fresh grated
- ☐ 1.3 cups granulated sugar
- ☐ 1.3 cups milk
- ☐ 2 tablespoons orange juice fresh

- ☐ 1 tablespoon orange zest loosely packed
- ☐ 4 teaspoons poppy seeds
- ☐ 1.5 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

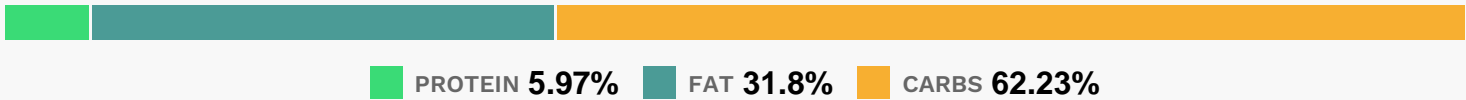
Equipment

- ☐ oven
- ☐ stand mixer

Directions

- ☐ Prepare Muffins: Preheat oven to 35
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add granulated sugar, beating until light and fluffy.
- ☐ Add egg yolks, 1 at a time, beating just until blended after each addition.
- ☐ Stir together flour and next 2 ingredients. Stir together milk and next 3 ingredients.
- ☐ Add flour mixture to butter mixture alternately with milk mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Beat egg whites until stiff peaks form; fold into batter. Stir in poppy seeds. Spoon into lightly greased 12-cup muffin pans, filling three-fourths full.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 5 minutes; transfer to wire racks.
- ☐ Prepare Glaze: Stir together powdered sugar and orange juice.
- ☐ Drizzle over warm muffins.

Nutrition Facts



Properties

Glycemic Index:389.09, Glycemic Load:373.32, Inflammation Score:-10, Nutrition Score:52.877391027368%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 4745.09kcal (237.25%), Fat: 169.52g (260.8%), Saturated Fat: 97.79g (611.17%), Carbohydrates: 746.31g (248.77%), Net Carbohydrates: 734.15g (266.96%), Sugar: 462.77g (514.19%), Cholesterol: 774.64mg (258.21%), Sodium: 3436.62mg (149.42%), Alcohol: 2.75g (100%), Alcohol %: 0.24% (100%), Protein: 71.54g (143.08%), Selenium: 191.52µg (273.61%), Manganese: 3.87mg (193.41%), Calcium: 1543.21mg (154.32%), Phosphorus: 1330.68mg (133.07%), Vitamin A: 5389.35IU (107.79%), Vitamin B2: 1.28mg (75.42%), Copper: 1.02mg (51.06%), Magnesium: 198.93mg (49.73%), Folate: 198.14µg (49.53%), Fiber: 12.15g (48.61%), Vitamin B12: 2.83µg (47.11%), Vitamin B5: 4.64mg (46.44%), Zinc: 6.93mg (46.21%), Vitamin E: 6.9mg (46.02%), Iron: 8.27mg (45.94%), Vitamin B1: 0.66mg (44.1%), Vitamin D: 5.36µg (35.7%), Potassium: 1218.65mg (34.82%), Vitamin C: 25.48mg (30.88%), Vitamin B6: 0.56mg (28.11%), Vitamin B3: 4.58mg (22.89%), Vitamin K: 14.3µg (13.61%)