



Poppy Seed Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon almond extract
- 1.5 teaspoons double-acting baking powder
- 2 teaspoons butter melted
- 3 eggs
- 3 cups flour all-purpose
- 1.5 cups milk
- 0.3 cup orange juice
- 1.5 tablespoons poppy seeds

- 1.5 teaspoons salt
- 0.5 teaspoon vanilla extract
- 1.1 cups vegetable oil
- 0.8 cup sugar white

Equipment

- frying pan
- sauce pan
- oven
- loaf pan
- toothpicks
- muffin liners

Directions

- Beat together the eggs, 2 1/2 cups white sugar and vegetable oil.
- Add in milk, salt, baking powder, poppy seeds, vanilla, almond flavoring, and flour.
- Mix well.
- Bake in paper lined muffin cups (filled 3/4 full or 3 small greased loaf pans) at 350 degrees F (175 degrees C) for 15–20 minutes for muffins and 50–60 minutes for loaves. The tops should be browned and a toothpick inserted in the center should come out clean.
- Remove muffins as soon as you can while still warm/hot and dunk tops into glaze. Turn right side up and cool on a cookie rack. With loaves just pour the glaze evenly over the three loaves while still in pans.
- Let cool to a warm temp. and remove from pans. Yes, it is a little messy but it is really good.
- To Make Glaze: In a saucepan over low heat, combine 3/4 cup sugar, orange juice, 1/2 teaspoon vanilla, 1/2 teaspoon almond flavoring and 2 teaspoons melted butter. Warm in pan until the sugar is dissolved.
- Pour over loaf pans or dunk muffin tops into glaze when cooled to room temperature. (Omit the glaze altogether if you don't like the mess.)

Nutrition Facts



■ PROTEIN **9.48%** ■ FAT **27.7%** ■ CARBS **62.82%**

Properties

Glycemic Index:31.84, Glycemic Load:26.93, Inflammation Score:-3, Nutrition Score:7.7039129526719%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 247.47kcal (12.37%), Fat: 7.61g (11.71%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 37.76g (13.73%), Sugar: 14.58g (16.2%), Cholesterol: 46.37mg (15.46%), Sodium: 377.38mg (16.41%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 5.86g (11.72%), Selenium: 14.79µg (21.13%), Vitamin B1: 0.28mg (18.74%), Folate: 64.86µg (16.21%), Vitamin B2: 0.25mg (14.85%), Manganese: 0.3mg (14.78%), Phosphorus: 108.18mg (10.82%), Iron: 1.83mg (10.15%), Vitamin B3: 1.92mg (9.59%), Calcium: 95.03mg (9.5%), Vitamin K: 7.8µg (7.43%), Vitamin B12: 0.26µg (4.4%), Vitamin B5: 0.43mg (4.34%), Fiber: 1.07g (4.3%), Magnesium: 16.53mg (4.13%), Zinc: 0.58mg (3.87%), Copper: 0.08mg (3.76%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.53mg (3.5%), Potassium: 113.89mg (3.25%), Vitamin C: 2.59mg (3.14%), Vitamin A: 139.97IU (2.8%), Vitamin B6: 0.06mg (2.8%)