



Quick Lemon Poppy Seed Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup buttermilk
- ☐ 0.7 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 lemon zest
- ☐ 2 tablespoons poppy seeds

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 0.7 cup sugar white

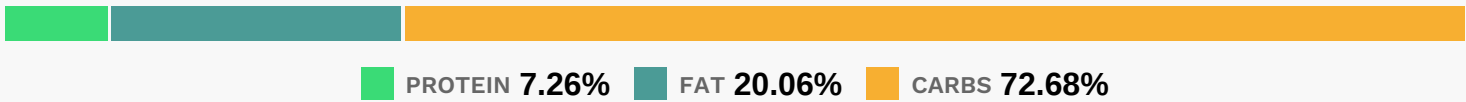
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 10 muffin cups or line with paper muffin liners.
- ☐ Beat sugar and oil together in a bowl with an electric mixer.
- ☐ Add eggs and lemon zest; beat until smooth.
- ☐ Stir flour, poppy seeds, baking powder, and salt together in bowl; gradually beat into the sugar mixture alternately with buttermilk and 2 tablespoons lemon juice until you achieve a smooth batter. Stir vanilla extract into the batter; pour into prepared muffin tins.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, 25 to 35 minutes. Cool muffins in pans for a few minutes before moving to a wire rack to cool completely.
- ☐ Stir confectioners' sugar and 2 tablespoons lemon juice together in a bowl; drizzle over tops of cooled muffins.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:18.8, Inflammation Score:-2, Nutrition Score:4.9699999871461%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.45kcal (9.72%), Fat: 4.38g (6.74%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 34.76g (12.64%), Sugar: 22.02g (24.47%), Cholesterol: 34.06mg (11.35%), Sodium: 126.87mg (5.52%), Alcohol: 0.14g (100%), Alcohol %: 0.23% (100%), Protein: 3.57g (7.14%), Selenium: 9.18µg (13.11%), Manganese: 0.24mg (11.98%), Vitamin B1: 0.16mg (10.46%), Folate: 37.47µg (9.37%), Vitamin B2: 0.15mg (8.87%), Calcium: 72.7mg (7.27%), Phosphorus: 70.46mg (7.05%), Iron: 1.18mg (6.53%), Vitamin B3: 1.03mg (5.13%), Vitamin K: 4.12µg (3.93%), Fiber: 0.94g (3.75%), Vitamin C: 2.73mg (3.31%), Copper: 0.07mg (3.3%), Magnesium: 12.69mg (3.17%), Zinc: 0.43mg (2.83%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.33µg (2.21%), Vitamin E: 0.33mg (2.19%), Potassium: 65.24mg (1.86%), Vitamin B6: 0.03mg (1.73%), Vitamin A: 68.1IU (1.36%)