



Raspberry Lemon Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 2 egg whites
- 1.5 cups flour all-purpose
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest grated
- 0.5 cup yogurt plain
- 1 cup raspberries frozen
- 0.3 teaspoon salt

3 tablespoons vegetable oil

Equipment

bowl

oven

wire rack

muffin liners

muffin tray

Directions

Preheat the oven to 400 degrees F (200 degrees C). Grease a 12 cup muffin tin, or line with paper liners.

In a large bowl, mix together the yogurt, oil, lemon juice, egg whites, and, if using, lemon extract. In a separate bowl, stir together the flour, 3/4 cup sugar, baking powder, salt, and lemon zest.

Add the wet ingredients to the dry, and mix until just blended. Gently stir in the frozen raspberries. Spoon batter evenly into the prepared muffin cups.

Sprinkle remaining sugar over the tops for decoration, if desired.

Bake for 15 to 17 minutes in the preheated oven, or until the top springs back when lightly touched. Cool muffins in the tin on a wire rack.

Nutrition Facts



PROTEIN 10.36% FAT 34.99% CARBS 54.65%

Properties

Glycemic Index:17.67, Glycemic Load:9.03, Inflammation Score:-2, Nutrition Score:3.8939130089205%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin:

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Nutrients (% of daily need)

Calories: 101.66kcal (5.08%), Fat: 3.96g (6.1%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 12.83g (4.66%), Sugar: 1.03g (1.15%), Cholesterol: 1.33mg (0.44%), Sodium: 132.54mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Selenium: 6.55µg (9.35%), Manganese: 0.17mg (8.74%), Vitamin B1: 0.13mg (8.63%), Folate: 31.88µg (7.97%), Vitamin B2: 0.12mg (6.93%), Vitamin K: 7.1µg (6.76%), Calcium: 57.05mg (5.7%), Vitamin B3: 1mg (4.99%), Iron: 0.88mg (4.89%), Phosphorus: 44.95mg (4.49%), Fiber: 1.09g (4.38%), Vitamin C: 3.37mg (4.08%), Vitamin E: 0.38mg (2.55%), Magnesium: 7.69mg (1.92%), Copper: 0.03mg (1.7%), Potassium: 57.49mg (1.64%), Vitamin B5: 0.15mg (1.53%), Zinc: 0.21mg (1.43%)