



Sour Cream and Herb Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 12 servings butter melted
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 teaspoons marjoram fresh chopped

- ☐ 0.3 cup spring onion fresh chopped
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 1.3 teaspoons salt
- ☐ 0.3 cup cream sour
- ☐ 2.3 cups unbleached all purpose flour

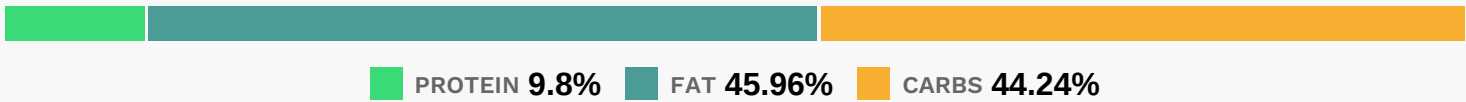
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Butter 12 standard-size (1/3-cup volume) muffin cups or line cups with muffin papers.
- ☐ Whisk first 4 ingredients in large bowl to blend well.
- ☐ Whisk buttermilk, eggs, sour cream and oil in medium bowl to blend; whisk in herbs and lemon peel. Stir buttermilk mixture into flour mixture. Divide batter among prepared cups.
- ☐ Brush tops lightly with melted butter.
- ☐ Bake muffins 20 minutes.
- ☐ Brush tops with butter. Continue baking until golden on top and tester inserted into center comes out clean, about 15 minutes longer. Turn muffins out onto rack.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:5.8573913289153%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 176.75kcal (8.84%), Fat: 9.01g (13.86%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 18.81g (6.84%), Sugar: 1.29g (1.43%), Cholesterol: 46.78mg (15.59%), Sodium: 425.87mg (18.52%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.32g (8.65%), Selenium: 11.49µg (16.41%), Vitamin B1: 0.2mg (13.28%), Folate: 49.89µg (12.47%), Vitamin B2: 0.2mg (11.77%), Manganese: 0.17mg (8.59%), Phosphorus: 79.26mg (7.93%), Calcium: 78.86mg (7.89%), Iron: 1.38mg (7.65%), Vitamin K: 7.95µg (7.57%), Vitamin B3: 1.43mg (7.15%), Vitamin A: 275.64IU (5.51%), Vitamin E: 0.64mg (4.27%), Vitamin B5: 0.33mg (3.31%), Vitamin B12: 0.18µg (3.08%), Vitamin D: 0.43µg (2.84%), Fiber: 0.7g (2.81%), Zinc: 0.38mg (2.53%), Copper: 0.05mg (2.45%), Magnesium: 9.59mg (2.4%), Potassium: 78.18mg (2.23%), Vitamin B6: 0.04mg (1.79%)