



Sour Cream Muffins with Poppy Seed Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup nonfat buttermilk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 9 ounces flour all-purpose

- ☐ 8 ounce cream sour reduced-fat
- ☐ 1 tablespoon orange zest grated
- ☐ 1 teaspoon poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

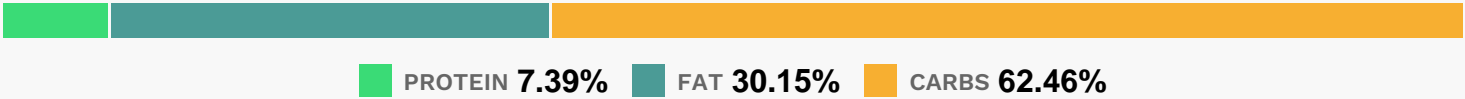
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare streusel, combine first 4 ingredients in a small bowl; set aside.
- ☐ To prepare muffins, lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour, 3/4 cup sugar, baking powder, baking soda, and salt in a medium bowl, stirring with a whisk. Make a well in center of mixture.
- ☐ Combine buttermilk and remaining ingredients except cooking spray in a small bowl; add to flour mixture, stirring just until moist. Spoon batter into 15 muffin cups coated with cooking spray.
- ☐ Sprinkle streusel evenly over batter.
- ☐ Bake at 375 for 18 minutes or until golden brown.
- ☐ Remove muffins from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.48, Glycemic Load:18.74, Inflammation Score:-2, Nutrition Score:3.809130396532%

Nutrients (% of daily need)

Calories: 179.43kcal (8.97%), Fat: 6.05g (9.3%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 27.6g (10.04%), Sugar: 13.1g (14.56%), Cholesterol: 28.07mg (9.36%), Sodium: 266.08mg (11.57%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 3.34g (6.67%), Selenium: 7.75µg (11.07%), Vitamin B1: 0.15mg (10.08%), Folate: 36.61µg (9.15%), Vitamin B2: 0.13mg (7.48%), Manganese: 0.14mg (6.93%), Calcium: 63.62mg (6.36%), Iron: 0.99mg (5.52%), Vitamin B3: 1.08mg (5.42%), Phosphorus: 51.44mg (5.14%), Vitamin A: 187.14IU (3.74%), Fiber: 0.57g (2.27%), Copper: 0.04mg (1.78%), Zinc: 0.27mg (1.78%), Magnesium: 6.93mg (1.73%), Potassium: 60.11mg (1.72%), Vitamin B12: 0.1µg (1.69%), Vitamin B5: 0.14mg (1.38%), Vitamin E: 0.21mg (1.37%)