



Spiced Lemon Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground allspice

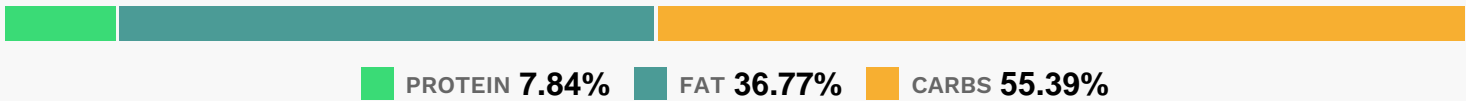
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups (2 1/2x1 1/4 inch) with shortening, or line muffin cups with paper baking cups.
- ☐ In large bowl, beat milk, oil, sugar, lemon peel and eggs with fork or wire whisk. Stir in remaining ingredients just until flour is moistened. Divide batter evenly among muffin cups.
- ☐ Bake 14 to 16 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.59, Glycemic Load:17.8, Inflammation Score:-2, Nutrition Score:5.0634782547536%

Nutrients (% of daily need)

Calories: 182kcal (9.1%), Fat: 7.48g (11.5%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 24.69g (8.98%), Sugar: 9.15g (10.17%), Cholesterol: 29.11mg (9.7%), Sodium: 202mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Selenium: 9.66µg (13.8%), Vitamin B1: 0.18mg (11.69%), Vitamin K: 11.29µg (10.75%), Folate: 41.63µg (10.41%), Vitamin B2: 0.16mg (9.38%), Manganese: 0.16mg (8.06%), Calcium: 76.66mg (7.67%), Phosphorus: 70.82mg (7.08%), Iron: 1.21mg (6.7%), Vitamin B3: 1.26mg (6.28%),

Vitamin E: 0.6mg (3.97%), Vitamin B5: 0.26mg (2.62%), Fiber: 0.65g (2.61%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.31µg (2.1%), Zinc: 0.31mg (2.05%), Magnesium: 7.68mg (1.92%), Copper: 0.04mg (1.85%), Potassium: 56.97mg (1.63%), Vitamin B6: 0.03mg (1.59%), Vitamin A: 64.94IU (1.3%)