



Strawberry-Lemonade Muffins

 Vegetarian

READY IN



42 min.

SERVINGS



15

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest
- ☐ 2.5 cups self raising flour
- ☐ 8 oz cream sour
- ☐ 1.5 cups strawberries fresh diced
- ☐ 1.3 cups sugar divided

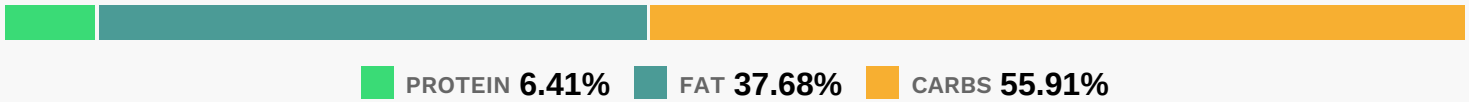
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 40
- ☐ Combine flour and 1 cup sugar in a large bowl; make a well in center of mixture.
- ☐ Stir together sour cream and next 4 ingredients; add to flour mixture, stirring just until dry ingredients are moistened. Gently fold strawberries into batter. Spoon batter into lightly greased 12-cup muffin pans, filling three-fourths full.
- ☐ Sprinkle remaining 1/4 cup sugar over batter.
- ☐ Bake at 400 for 16 to 18 minutes or until golden brown and a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 1 minute; remove from pans to wire rack, and cool 10 minutes.

Nutrition Facts



Properties

Glycemic Index:15.14, Glycemic Load:21.75, Inflammation Score:-3, Nutrition Score:4.0200000275736%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.09mg

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 238.79kcal (11.94%), Fat: 10.16g (15.63%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 33.07g (12.03%), Sugar: 18.07g (20.07%), Cholesterol: 49.99mg (16.66%), Sodium: 63.6mg (2.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Selenium: 11.12µg (15.88%), Vitamin C: 10.69mg (12.96%), Manganese: 0.23mg (11.26%), Vitamin A: 321.88IU (6.44%), Phosphorus: 50.54mg (5.05%), Vitamin B2: 0.08mg (4.6%), Folate: 15.46µg (3.87%), Fiber: 0.84g (3.37%), Vitamin E: 0.44mg (2.9%), Vitamin B5: 0.28mg (2.77%), Copper: 0.05mg (2.73%), Calcium: 27.2mg (2.72%), Magnesium: 9.85mg (2.46%), Zinc: 0.34mg (2.3%), Potassium: 77.94mg (2.23%), Iron: 0.39mg (2.17%), Vitamin B1: 0.03mg (1.83%), Vitamin B6: 0.03mg (1.74%), Vitamin B12: 0.1µg (1.73%), Vitamin B3: 0.29mg (1.46%), Vitamin K: 1.16µg (1.1%)