



Sunny Lemon-Raspberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs fat-free
- 1.5 cups flour all-purpose
- 1 cup corn flakes/bran flakes whole crushed grain total®
- 0.3 cup sugar
- 0.3 cup skim milk fat-free (skim)
- 0.3 cup soybean oil
- 1 tablespoon lemon zest grated
- 2 teaspoons double-acting baking powder

- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 6 oz yogurt yoplait®
- 0.5 cup raspberries fresh thawed (partially)

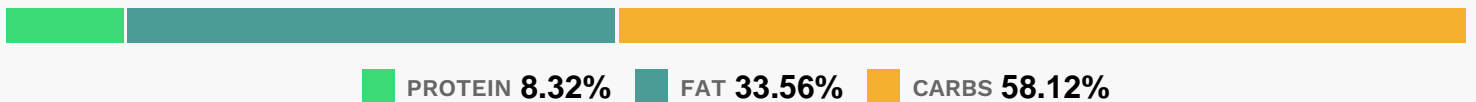
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Heat oven to 400°F. Line 10 regular-size muffin cups with paper baking cups.
- In large bowl, beat egg slightly. Stir in remaining ingredients except raspberries just until moistened; gently stir in raspberries. Divide batter evenly among muffin cups.
- Bake 15 to 20 minutes or until golden brown. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:17.34, Inflammation Score:-4, Nutrition Score:7.3126087914342%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 177.79kcal (8.89%), Fat: 6.76g (10.39%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 24.63g (8.96%), Sugar: 8.86g (9.84%), Cholesterol: 18.76mg (6.25%), Sodium: 294.52mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Folate: 65.71µg (16.43%), Manganese: 0.31mg (15.68%), Selenium: 10.36µg (14.8%), Vitamin B1: 0.21mg (14.11%), Iron: 2.22mg (12.31%), Vitamin B2: 0.2mg (12.06%), Vitamin K: 10.65µg (10.14%), Vitamin B3: 1.84mg (9.18%), Phosphorus: 88.97mg (8.9%), Calcium: 85.15mg (8.52%), Fiber: 1.69g (6.77%), Vitamin B12: 0.34µg (5.63%), Vitamin B6: 0.1mg (4.85%), Magnesium: 18.22mg (4.55%), Vitamin E: 0.6mg (3.99%), Zinc: 0.54mg (3.62%), Vitamin A: 155.37IU (3.11%), Vitamin C: 2.43mg (2.95%), Vitamin B5: 0.29mg (2.94%), Copper: 0.06mg (2.92%), Potassium: 94.39mg (2.7%), Vitamin D: 0.3µg (2.03%)