



Sunny Lemon-Raspberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup soybean oil
- ☐ 1 cup corn flakes/bran flakes whole crushed grain total®
- ☐ 1 eggs fat-free
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 1.5 cups flour all-purpose
- ☐ 6 oz optional: lemon yoplait®

- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 cup raspberries fresh thawed (partially)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

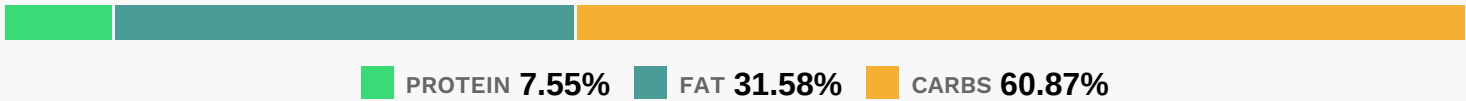
Equipment

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

Directions

- ☐ Heat oven to 400F. 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:39.41, Glycemic Load:17.47, Inflammation Score:-4, Nutrition Score:7.6278260842614%

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 Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg Hesperetin: 4.75mg, Hesperetin: 4.75mg, Hesperetin: 4.75mg, Hesperetin: 4.75mg

4.75mg, Hesperetin: 4.75mg, Hesperetin: 4.75mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 172.35kcal (8.62%), Fat: 6.25g (9.62%), Saturated Fat: 1.02g (6.41%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 24.95g (9.07%), Sugar: 8.49g (9.43%), Cholesterol: 16.55mg (5.52%), Sodium: 287.03mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Folate: 66.39µg (16.6%), Manganese: 0.32mg (15.9%), Selenium: 10.06µg (14.37%), Vitamin B1: 0.21mg (14.23%), Vitamin C: 11.36mg (13.77%), Iron: 2.31mg (12.83%), Vitamin B2: 0.18mg (10.83%), Vitamin K: 10.62µg (10.11%), Vitamin B3: 1.84mg (9.2%), Fiber: 2.17g (8.68%), Phosphorus: 75.54mg (7.55%), Calcium: 68.99mg (6.9%), Vitamin B6: 0.11mg (5.26%), Vitamin B12: 0.27µg (4.58%), Magnesium: 17.54mg (4.38%), Vitamin E: 0.61mg (4.09%), Copper: 0.06mg (3.16%), Zinc: 0.45mg (3.02%), Vitamin A: 142.28IU (2.85%), Potassium: 91.49mg (2.61%), Vitamin B5: 0.26mg (2.6%), Vitamin D: 0.29µg (1.92%)