



Tuscan Lemon Muffins

 Vegetarian

READY IN



29 min.

SERVINGS



12

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 1 large eggs lightly beaten
- 1.8 cups flour all-purpose
- 0.8 cup granulated sugar
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon rind grated
- 0.3 cup olive oil
- 0.8 cup part-skim ricotta cheese

- 0.3 teaspoon salt
- 2 tablespoons sugar
- 0.5 cup water

Equipment

- frying pan
- oven
- knife
- wire rack
- muffin liners
- measuring cup

Directions

- Preheat oven to 37
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 3 ingredients (through salt); make a well in center.
- Combine ricotta and next 5 ingredients (through egg).
- Add ricotta mixture to flour mixture, stirring just until moist.
- Place 12 muffin-cup liners in muffin cups; coat with cooking spray. Divide batter among muffin cups.
- Sprinkle turbinado sugar over batter.
- Bake at 375 for 16 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:19, Inflammation Score:-2, Nutrition Score:4.5065217510514%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 190.81kcal (9.54%), Fat: 6.35g (9.77%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 29.11g (10.59%), Sugar: 14.66g (16.28%), Cholesterol: 20.31mg (6.77%), Sodium: 163.26mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Selenium: 10.13µg (14.47%), Vitamin B1: 0.15mg (9.93%), Calcium: 97.75mg (9.78%), Folate: 37.9µg (9.47%), Vitamin B2: 0.14mg (8.29%), Phosphorus: 74.84mg (7.48%), Manganese: 0.13mg (6.45%), Iron: 1.12mg (6.24%), Vitamin B3: 1.1mg (5.48%), Vitamin E: 0.72mg (4.79%), Vitamin K: 2.88µg (2.75%), Zinc: 0.39mg (2.63%), Fiber: 0.55g (2.22%), Vitamin C: 1.61mg (1.95%), Copper: 0.04mg (1.91%), Vitamin B5: 0.19mg (1.86%), Magnesium: 7.43mg (1.86%), Vitamin A: 82.42IU (1.65%), Potassium: 49.06mg (1.4%), Vitamin B12: 0.08µg (1.37%), Vitamin B6: 0.02mg (1.01%)