



Zucchini-Lemon Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup skim milk
- ☐ 0.5 cup sugar

- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup zucchini shredded

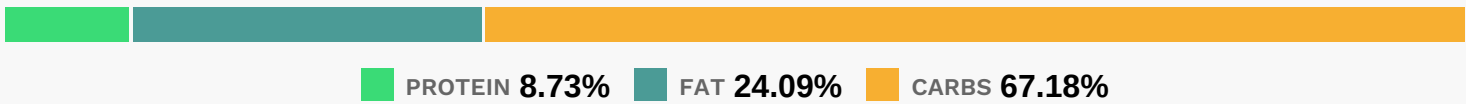
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Combine the first 6 ingredients in a bowl, and make a well in center of mixture.
- ☐ Combine zucchini, milk, oil, and egg; stir well.
- ☐ Add to flour mixture, stirring just until dry ingredients are moistened.
- ☐ Divide batter evenly among 12 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 20 minutes or until golden.
- ☐ Remove from pans immediately, and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:29.61, Glycemic Load:17.86, Inflammation Score:-2, Nutrition Score:4.9669564755067%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 151.8kcal (7.59%), Fat: 4.09g (6.29%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 24.94g (9.07%), Sugar: 9.45g (10.5%), Cholesterol: 15.96mg (5.32%), Sodium: 168mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Selenium: 8.72µg (12.46%), Vitamin B1: 0.18mg (11.92%), Folate: 42.94µg (10.74%), Vitamin B2: 0.15mg (9.04%), Calcium: 86.72mg (8.67%), Manganese: 0.16mg (8.19%), Phosphorus: 73.1mg (7.31%), Iron: 1.2mg (6.65%), Vitamin B3: 1.3mg (6.5%), Vitamin K: 6.77µg (6.45%), Fiber: 0.71g (2.85%), Vitamin C: 2.28mg (2.76%), Potassium: 81.64mg (2.33%), Vitamin B5: 0.23mg (2.32%), Vitamin E:

0.35mg (2.32%), Magnesium: 9.18mg (2.29%), Vitamin B6: 0.04mg (2.13%), Vitamin B12: 0.13µg (2.1%), Zinc: 0.3mg (2.03%), Copper: 0.04mg (2.01%), Vitamin D: 0.25µg (1.68%), Vitamin A: 74.61IU (1.49%)