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Lemon Poppy Muffin ♦♦

A delicious muffin made with lemon zest and poppy seeds. It's perfect for breakfast or as a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

250 g	all-purpose flour
150 g	sugar
2 tsp	baking powder
1 tsp	salt
2 tbsp	Lemon Zest
1 tbsp	Poppy Seeds

250 ml	milk
80 ml	vegetable oil
1	egg
1 tsp	vanilla extract
2 tbsp	Lemon juice

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the flour, sugar, baking powder, salt, lemon zest, and poppy seeds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

In a separate bowl, whisk together the milk, vegetable oil, egg, vanilla extract, and lemon juice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Spoon

Spoon the batter into muffin cups, filling each about 2/3 full.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake for 18-20 minutes or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Cooling

Remove from the oven and let cool for a few minutes before transferring to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 200 kcal

Fat: 7 g

Protein: 4 g

Carbohydrates: 31 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	31 g	56.36%	62%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Picnic

Meal Type

Breakfast

Brunch

Snack

Supper

Course

Desserts

Breads

Snacks

Cultural

Chinese New Year

Christmas

Demographics

Kids Friendly

Teen Friendly

Diet

Weight Watchers (WW) Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Blood Type Diet

Gluten-Free Diet

The Scarsdale Diet

The F-Plan Diet

The 3-Day Diet

The Starch Solution Diet

Difficulty Level

Easy

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