

Lemon Blueberry Muffins

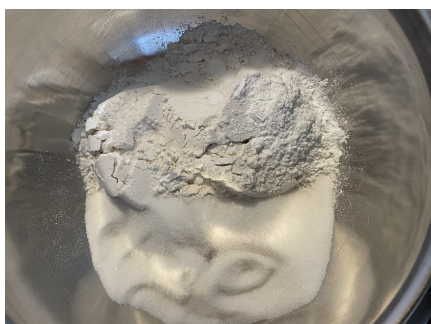
Recipe group
Baked Goods

Additional name
Baking & Pastry

Diet factors
VG, NF

Portions Portion size
12 3.44 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 1/3 cup	0 lb 10.72 oz	0%	0 lb 10.72 oz	Flour, All-Purpose	Lemon Blueberry Muffins: To a stand mixer, add all ingredients in step 1. Mix until there are no lumps and well combined.
	3/4 cup	0 lb 5.32 oz	0%	0 lb 5.33 oz	Sugar, White, granulated	
	1 tbsp	0 lb 0.43 oz	0%	0 lb 0.43 oz	Baking Powder	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Cinnamon, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	



Dry ingredients in bowl



Dry ingredients mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Non-Dairy Milk, Soy, unsweetened	Add all ingredients in step 2, except blueberries, to mixing bowl and fold in with dry ingredients. Be sure not to overmix, batter should remain airy. Add blueberries and carefully combine.
	1/2 cup	0 lb 4.30 oz	1%	0 lb 4.34 oz	Applesauce, unsweetened	
	1/4 cup	0 lb 2.07 oz	59%	0 lb 5.02 oz	Lemons, juice	
	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	
	1 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Vinegar, Apple Cider	
	1 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Extract, Vanilla	
	1 1/2 cup	0 lb 7.65 oz	11%	0 lb 8.56 oz	Blueberries, fresh	



Wet ingredients added to bowl



Wet & dry ingredients mixed



Blueberries folded in

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3				Preheat the oven to 350°F. Using a #16 blue scoop, portion muffin batter into lined muffin pan. Bake for 35-40 minutes or until slightly golden browned.

3



Batter portioned out



Muffins Baked

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4				Lemon-Sugar: In a small mixing bowl, combine lemon zest and sugar.
1 tsp	0 lb 0.07 oz	0%	0 lb 0.07 Lemons, zest oz	
1 tsp	0 lb 0.15 oz	0%	0 lb 0.15 Sugar, White, oz granulated	



*Sugar & lemon
zest combined*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5				Cool muffins completely. Top with sprinkle of lemon zest/sugar mixture.

5



*Muffins topped
with lemon zest*



Lemon Blueberry Muffins

RECIPE IMAGES



Lemon Blueberry Muffins

ALLERGENS

-

MEMO

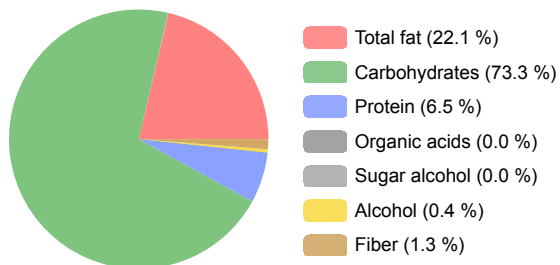
-

NUTRITION INFORMATION

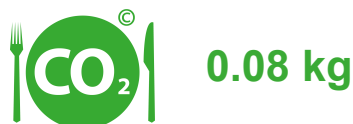
per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	206.69 kcal	10 %	Salt	0.08 g		
				864.80 kJ		Salt	0.08 %		
Total fat	5.18 g	7 %	22.14 %			Sodium	31.21 mg	1 %	Vitamins
Saturated	0.42 g	2 %	1.81 %			Phosphorus	106.61 mg	9 %	Vitamin A
Monounsaturated	2.98 g		12.74 %			Potassium	181.29 mg	4 %	Vitamin D
						Iron	0.56 mg	3 %	Thiamine
Polyunsaturated	1.60 g		6.85 %			Calcium	74.12 mg	6 %	0.07 mg
Trans fatty acids	0.02 g		0.08 %			Zinc	0.22 mg	2 %	6 %
Cholesterol	0.00 mg	0 %				Magnesium	10.73 mg	3 %	0.06 mg
Linolenic acid	0.98 g		4.19 %			Iodine	0.00 µg	0 %	5 %
Alpha-linolenic acid	414.89 mg		1.78 %			Selenium	8.72 µg	16 %	0.44 mg
Total Carbohydrate	37.28 g	14 %	73.28 %			Copper	0.07 mg	8 %	3 %
									Vitamin B6
Sugars total	15.99 g	32 %							0.03 mg
Added sugar	0.00 g	0 %	0.00 %						2 %
Lactose	0.00 g								0.21 µg
Fiber	1.40 g	5 %	1.30 %						9 %
Organic acids	0.00 g		0.00 %						Vitamin B12
Sugar alcohol	0.00 g		0.00 %						0.00 µg
Starch	0.01 g		0.01 %						0 %
Protein	3.33 g	7 %	6.55 %						3.97 mg
Alcohol	0.12 g		0.42 %						4 %
									Vitamin C
									0.94 mg
									6 %
									Vitamin E
									6.86 µg
									6 %
									Vitamin K
									Others
									Water
									50.83 g

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.