



Alienated Blueberry Muffins

READY IN



40 min.

SERVINGS



24

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 2 cups blueberries fresh
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup butter
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease muffins tins, or line cups with paper liners.
- ☐ Sprinkle 1/4 cup flour over blueberries, and stir to coat berries thoroughly.
- ☐ In a small bowl, whisk together 2 cups flour, baking powder and salt.
- ☐ In a large bowl, cream margarine, and gradually mix in sugar. Beat eggs, and stir into creamed mixture along with vanilla. Stir in milk alternately with flour mixture, mixing well after each addition. Fold in berries. Fill muffin cups 2/3 full with batter.
- ☐ Bake for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:15.42, Inflammation Score:-2, Nutrition Score:2.9360869656438%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 122.25kcal (6.11%), Fat: 2.76g (4.25%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 22.34g (8.12%), Sugar: 14.26g (15.84%), Cholesterol: 14.86mg (4.95%), Sodium: 199.4mg (8.67%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 1.98g (3.97%), Selenium: 4.94µg (7.06%), Vitamin B1: 0.09mg (6.25%), Manganese: 0.12mg (5.76%), Calcium: 56.95mg (5.69%), Folate: 21.55µg (5.39%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 45.42mg (4.54%), Iron: 0.66mg (3.68%), Vitamin B3: 0.68mg (3.41%), Vitamin A: 127.51IU (2.55%), Vitamin K: 2.45µg (2.34%), Fiber: 0.58g (2.31%), Vitamin B5: 0.16mg (1.57%), Vitamin B12: 0.09µg (1.5%), Vitamin C: 1.2mg (1.46%), Copper: 0.03mg (1.3%), Vitamin E: 0.19mg (1.29%), Magnesium: 4.97mg (1.24%), Vitamin D: 0.19µg (1.23%), Potassium: 42.6mg (1.22%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.18%)