



Aunt Blanche's Blueberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups blueberries fresh
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar white

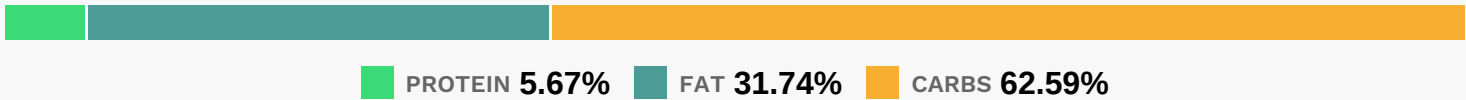
Equipment

- ☐ oven
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour muffin pan or use paper liners. Sift flour, baking powder and salt together and set aside.
- ☐ Cream butter and sugar until light and fluffy.
- ☐ Add eggs and beat well.
- ☐ Add milk and flour mixture. Beat until combined. Stir in blueberries.
- ☐ Fill muffin cups 2/3 full.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:27.29, Inflammation Score:-3, Nutrition Score:5.1904348290485%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 251.34kcal (12.57%), Fat: 9.03g (13.89%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 39.04g (14.2%), Sugar: 23.21g (25.79%), Cholesterol: 48.84mg (16.28%), Sodium: 243.47mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Selenium: 9.75µg (13.92%), Vitamin B1: 0.18mg (11.97%), Folate: 42.97µg (10.74%), Manganese: 0.21mg (10.39%), Vitamin B2: 0.17mg (9.72%), Iron: 1.23mg (6.85%), Vitamin B3: 1.33mg (6.64%), Phosphorus: 66.39mg (6.64%), Calcium: 62.56mg (6.26%), Vitamin A: 302.42IU (6.05%), Vitamin K: 4.35µg (4.14%), Fiber: 1.01g (4.03%), Vitamin E: 0.42mg (2.8%), Vitamin B5: 0.27mg (2.75%), Copper: 0.05mg (2.38%), Vitamin B12: 0.14µg (2.27%), Vitamin C: 1.79mg (2.18%), Zinc: 0.32mg (2.15%), Magnesium: 8.16mg (2.04%), Vitamin B6: 0.04mg (1.89%), Potassium: 64.75mg (1.85%), Vitamin D: 0.26µg (1.72%)