



## Awesome Blueberry Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon double-acting baking powder
- 2 cups blueberries frozen
- 0.5 cup canola oil
- 2 eggs lightly beaten
- 1 cup flour all-purpose
- 1 cup milk
- 0.5 teaspoon salt
- 0.8 cup sugar white

1 tablespoon vinegar white

1 cup flour whole wheat

## Equipment

bowl

oven

wire rack

toothpicks

muffin liners

## Directions

Combine milk and vinegar in a small bowl; allow to rest for 5 minutes.

Preheat oven to 400 degrees F (200 degrees C). Lightly grease muffin cups or line with paper liners.

Mix all-purpose flour, whole wheat flour, sugar, baking powder, and salt in a large bowl; make a well in the center.

Pour eggs, milk mixture, and canola oil into well; stir until batter is just combined. Fold in blueberries and pour batter into prepared muffin cups.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 25 minutes. Cool in the pans for 10 minutes before removing to cool slightly on a wire rack.

## Nutrition Facts



**PROTEIN 9.28%** **FAT 18.47%** **CARBS 72.25%**

## Properties

Glycemic Index:30.42, Glycemic Load:16.29, Inflammation Score:-3, Nutrition Score:6.7830434467482%

## Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin:

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## **Nutrients (% of daily need)**

Calories: 174.06kcal (8.7%), Fat: 3.69g (5.67%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 30.51g (11.09%), Sugar: 16.01g (17.79%), Cholesterol: 29.72mg (9.91%), Sodium: 221.84mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Manganese: 0.57mg (28.25%), Selenium: 12.46µg (17.8%), Phosphorus: 106.93mg (10.69%), Vitamin B1: 0.16mg (10.36%), Calcium: 94.58mg (9.46%), Vitamin B2: 0.14mg (8.35%), Fiber: 1.95g (7.78%), Folate: 28.39µg (7.1%), Iron: 1.16mg (6.44%), Vitamin B3: 1.24mg (6.2%), Vitamin K: 6.4µg (6.09%), Magnesium: 21.08mg (5.27%), Vitamin E: 0.63mg (4.21%), Vitamin B6: 0.08mg (4.15%), Copper: 0.08mg (3.83%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.32mg (3.25%), Potassium: 107.56mg (3.07%), Vitamin B12: 0.18µg (2.92%), Vitamin C: 2.39mg (2.9%), Vitamin D: 0.37µg (2.47%), Vitamin A: 86.76IU (1.74%)