



Awesome Blueberry Muffins



Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

12

CALORIES

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

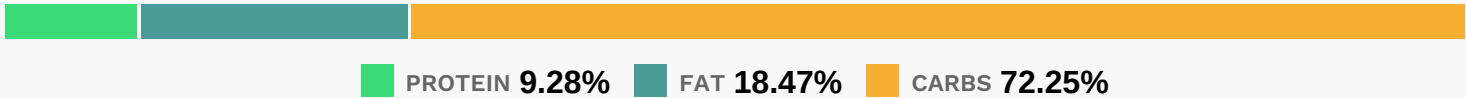
Equipment

- ☐ 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



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: Og (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%)