



## Berry Best Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup flour all-purpose
- 2 tablespoons brown sugar packed
- 2 tablespoons butter softened
- 0.3 teaspoon ground cinnamon
- 0.5 cup butter melted
- 0.8 cup milk
- 0.5 teaspoon vanilla
- 1 eggs
- 2 cups flour all-purpose

- 0.5 cup granulated sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 0.5 cup blueberries fresh
- 0.5 cup raspberries fresh

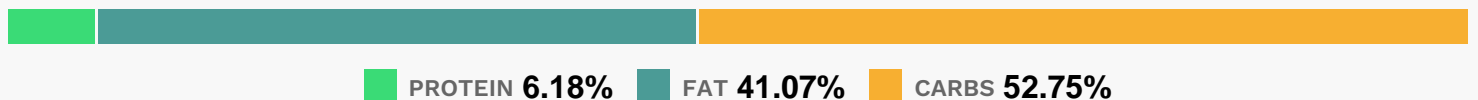
## Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

## Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups (2 1/2x1 1/4 inch), 24 mini cups (1 3/4x1 inch) or 4 jumbo cups (3 1/2x1 3/4 inch), or line with paper baking cups.
- In small bowl, mix all Streusel Topping ingredients with fork until crumbly; set aside.
- In large bowl, beat 1/2 cup butter, the milk, vanilla and egg with spoon. Stir in 2 cups flour, the granulated sugar, baking powder, salt and 1/4 teaspoon cinnamon just until flour is moistened. Fold in berries. Divide batter evenly among muffin cups.
- Sprinkle with topping.
- Bake regular-size muffins 25 to 30 minutes, mini 10 to 17 minutes or jumbo 30 to 35 minutes or until golden brown. Cool 5 minutes; remove from pan to wire rack.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:35.51, Glycemic Load:19.57, Inflammation Score:-5, Nutrition Score:5.4926087441652%

## Flavonoids

Cyanidin: 2.81mg, Cyanidin: 2.81mg, Cyanidin: 2.81mg, Cyanidin: 2.81mg Petunidin: 1.96mg, Petunidin: 1.96mg, Petunidin: 1.96mg, Petunidin: 1.96mg Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 231.33kcal (11.57%), Fat: 10.64g (16.37%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 29.6g (10.76%), Sugar: 11.93g (13.25%), Cholesterol: 15.47mg (5.16%), Sodium: 291.01mg (12.65%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.6g (7.2%), Selenium: 9.46µg (13.51%), Vitamin B1: 0.2mg (13.27%), Manganese: 0.23mg (11.63%), Folate: 46.18µg (11.54%), Vitamin B2: 0.16mg (9.66%), Vitamin A: 471.52IU (9.43%), Vitamin B3: 1.46mg (7.32%), Iron: 1.3mg (7.24%), Calcium: 71.31mg (7.13%), Phosphorus: 67.63mg (6.76%), Fiber: 1.15g (4.61%), Vitamin E: 0.51mg (3.38%), Vitamin B5: 0.25mg (2.53%), Magnesium: 9.68mg (2.42%), Vitamin C: 1.93mg (2.35%), Copper: 0.05mg (2.33%), Vitamin B12: 0.13µg (2.11%), Potassium: 73.85mg (2.11%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.03mg (1.69%), Vitamin K: 1.73µg (1.65%), Vitamin D: 0.24µg (1.61%)