



Berry Best Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup blueberries fresh
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons butter softened
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup milk
- ☐ 0.5 cup raspberries fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla

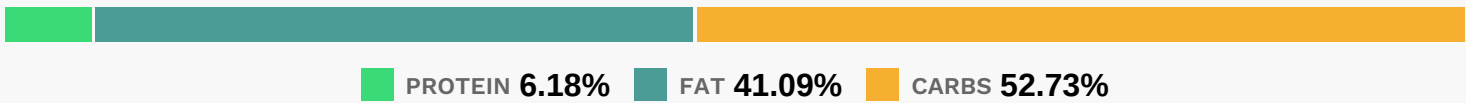
Equipment

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

Directions

- ☐ Heat oven to 400F. 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:35.09, Glycemic Load:19.57, Inflammation Score:-5, Nutrition Score:5.4669565532518%

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: 231.22kcal (11.56%), Fat: 10.64g (16.37%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.59g (10.76%), Sugar: 11.92g (13.25%), Cholesterol: 15.47mg (5.16%), Sodium: 291mg (12.65%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.6g (7.2%), Selenium: 9.45µg (13.51%), Vitamin B1: 0.2mg (13.27%), Folate: 46.17µg (11.54%), Manganese: 0.23mg (11.26%), Vitamin B2: 0.16mg (9.65%), Vitamin A: 471.4IU (9.43%), Vitamin B3: 1.46mg (7.32%), Iron: 1.3mg (7.22%), Calcium: 70.9mg (7.09%), Phosphorus: 67.6mg (6.76%), Fiber: 1.13g (4.52%), Vitamin E: 0.51mg (3.37%), Vitamin B5: 0.25mg (2.53%), Magnesium: 9.66mg (2.41%), Vitamin C: 1.93mg (2.34%), Copper: 0.05mg (2.32%), Vitamin B12: 0.13µg (2.11%), Potassium: 73.67mg (2.1%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.03mg (1.69%), Vitamin K: 1.72µg (1.64%), Vitamin D: 0.24µg (1.61%)