

# Berry Cheesecake Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



18

CALORIES



83 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 cup blueberries fresh
- 2 tablespoons brown sugar
- 1 tablespoon butter cold
- 6 ounces cream cheese softened
- 1 eggs
- 2 eggs
- 0.3 cup flour all-purpose

- 0.5 teaspoon ground cinnamon
- 0.3 cup milk 2%
- 0.8 cup raspberries fresh
- 0.3 cup sugar

## Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

## Directions

- Preheat oven to 375°. In a large bowl, cream butter and sugar until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in milk. In another bowl, whisk flour, baking powder and cinnamon; add to creamed mixture just until moistened. Fill greased or paper-lined muffin cups one-fourth full.
- For filling, in a small bowl, beat cream cheese, sugar and egg until smooth. Fold in berries. Drop a rounded tablespoonful into the center of each muffin.
- For topping, in a small bowl, mix flour, brown sugar and cinnamon; cut in butter until crumbly.
- Sprinkle over batter.
- Bake 27–32 minutes or until a toothpick inserted near the center comes out clean. Cool 5 minutes before removing from pans to wire racks.
- Serve warm. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:21.39, Glycemic Load:4.14, Inflammation Score:-2, Nutrition Score:2.2543478504471%

## 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: 83.4kcal (4.17%), Fat: 4.75g (7.3%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 8.18g (2.98%), Sugar: 6.43g (7.15%), Cholesterol: 38.85mg (12.95%), Sodium: 83.04mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Selenium: 3.83µg (5.47%), Vitamin B2: 0.08mg (4.55%), Calcium: 41.87mg (4.19%), Phosphorus: 40.3mg (4.03%), Manganese: 0.08mg (4.03%), Vitamin A: 195.55IU (3.91%), Vitamin C: 1.92mg (2.33%), Folate: 9.15µg (2.29%), Fiber: 0.55g (2.2%), Vitamin B5: 0.22mg (2.16%), Vitamin B12: 0.11µg (1.84%), Vitamin K: 1.89µg (1.8%), Iron: 0.32mg (1.8%), Vitamin E: 0.26mg (1.72%), Vitamin B1: 0.02mg (1.62%), Zinc: 0.21mg (1.39%), Vitamin B6: 0.03mg (1.34%), Potassium: 45.21mg (1.29%), Magnesium: 4.32mg (1.08%)