



Best 100 Calorie Blueberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blueberries fresh
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup skim milk
- ☐ 1 teaspoon vanilla extract

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0.8 cup sugar white

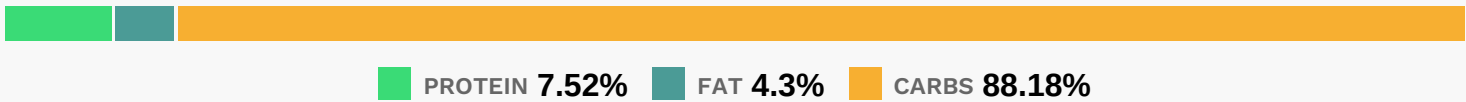
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray 16 muffin cups with cooking spray.
- ☐ Sift flour, baking powder, and cinnamon together in a bowl.
- ☐ Mix sugar, applesauce, milk, egg, and vanilla extract together in a separate bowl. Stir flour mixture into wet ingredients until just combined. Fold in blueberries. Fill muffin cups 2/3 full with batter.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:14.12, Inflammation Score:-2, Nutrition Score:3.0478260828101%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 98.39kcal (4.92%), Fat: 0.48g (0.74%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 21.19g (7.71%), Sugar: 12.01g (13.34%), Cholesterol: 10.38mg (3.46%), Sodium: 59.65mg (2.59%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 1.88g (3.77%), Manganese: 0.17mg (8.36%), Selenium: 5.01µg (7.16%), Vitamin B1: 0.1mg (6.94%), Folate: 24.11µg (6.03%), Vitamin B2: 0.09mg (5.2%), Calcium: 42.1mg (4.21%), Iron: 0.73mg (4.03%), Vitamin B3: 0.78mg (3.92%), Phosphorus: 37.09mg (3.71%), Fiber: 0.88g (3.53%), Vitamin K: 3.68µg (3.5%), Vitamin C: 1.85mg (2.24%), Copper: 0.03mg (1.61%), Vitamin B5: 0.14mg (1.37%), Potassium: 44.06mg (1.26%), Magnesium: 5.02mg (1.26%), Vitamin B6: 0.02mg (1.2%), Zinc: 0.18mg (1.17%), Vitamin E: 0.15mg (1.02%)