



Best Lactose Free Blueberry Muffins

 Dairy Free

READY IN



35 min.

SERVINGS



18

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 2 cups blueberries fresh
- 2 eggs
- 2 cups flour all-purpose
- 1 tablespoon juice of lime
- 0.5 cup butter
- 1 teaspoon salt
- 0.5 cup soy milk

- 1 tablespoon vanilla extract
- 1 tablespoon sugar white for decoration

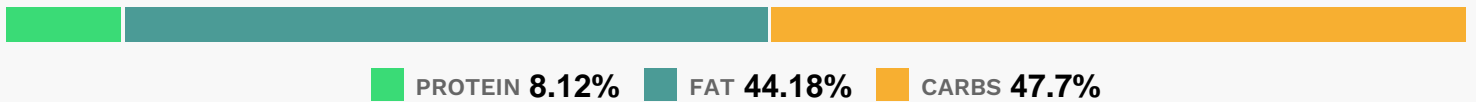
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Line muffin pans with paper liners, and spray the tops with cooking spray.
- In a large bowl, mix together the margarine, 1 1/4 cups of sugar, and salt until smooth. Beat in the eggs one at a time until well blended. In a separate bowl, stir together the flour and baking powder. Spoon some of this mixture onto the blueberries, and toss to coat. This will keep them from sinking to the bottom. Stir the remaining flour mixture into the bowl with the eggs, alternating with the soy milk, vanilla extract, and lime juice. Gently fold in the blueberries. Spoon the batter into the muffin cups, filling to the top.
- Sprinkle a little sugar over the tops of the muffins.
- Bake for 25 minutes in the preheated oven, or until muffin tops are golden brown, and the tops spring back when pressed lightly. Cool for at least 10 minutes before removing from pan.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:9.11, Inflammation Score:-3, Nutrition Score:3.8713043358015%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg

Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 120.3kcal (6.01%), Fat: 5.86g (9.02%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 13.45g (4.89%), Sugar: 2.63g (2.92%), Cholesterol: 18.19mg (6.06%), Sodium: 246.52mg (10.72%), Alcohol: 0.25g (100%), Alcohol %: 0.62% (100%), Protein: 2.43g (4.85%), Selenium: 6.38µg (9.12%), Vitamin B1: 0.12mg (8.14%), Folate: 30.95µg (7.74%), Manganese: 0.15mg (7.68%), Vitamin B2: 0.11mg (6.71%), Vitamin A: 287.01IU (5.74%), Vitamin B3: 1.11mg (5.57%), Iron: 0.86mg (4.78%), Calcium: 43.28mg (4.33%), Phosphorus: 38mg (3.8%), Vitamin E: 0.52mg (3.44%), Fiber: 0.8g (3.2%), Vitamin K: 3.24µg (3.08%), Vitamin C: 2.33mg (2.82%), Copper: 0.04mg (2.09%), Vitamin B12: 0.12µg (2.01%), Vitamin B6: 0.04mg (1.97%), Vitamin B5: 0.16mg (1.63%), Potassium: 48.33mg (1.38%), Zinc: 0.2mg (1.36%), Magnesium: 5.09mg (1.27%), Vitamin D: 0.18µg (1.18%)