



Blackberry Muffins



Vegetarian



Popular

READY IN



40 min.

SERVINGS



18

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 320 g all purpose flour
- ☐ 1 Tbsp double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 236 ml cup heavy whipping cream sour
- ☐ 1 teaspoon milk

- ☐ 200 g sugar
- ☐ 8 Tbsp warm butter melted (1 stick, 112 g)
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups blackberries fresh frozen (5–6 oz, 150g) (if using berries, cut them in half, if using berries, defrost first, drain excess liquid, then coat them lightly in flour)

Equipment

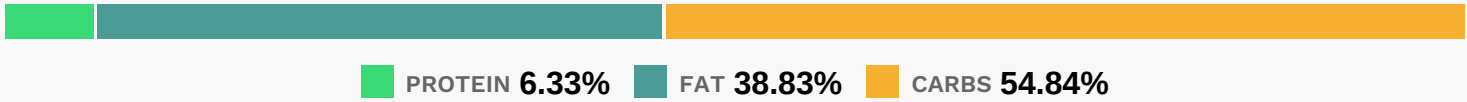
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven, prepare muffin pan: Position rack in center of oven. Preheat oven to 400°F (200°C). Grease a standard 12 muffin pan or line with paper muffin cups. (Actually, with the berries you'll have more batter than just for 12 muffins. This batch made 18 muffins.)
- ☐ Whisk together the flour, baking powder, baking soda, cinnamon and salt in a large bowl.
- ☐ Combine wet ingredients and sugar: In a separate bowl, whisk together eggs, sour cream, milk, sugar, butter and vanilla.
- ☐ Add the wet mixture to the dry mixture, and mix together with a few light strokes, just until the dry ingredients are moistened.
- ☐ Add the berries. (If you are using frozen berries, defrost them first, then drain the excess liquid, then coat them lightly in flour.)
- ☐ Do not over-mix! Over-mixing will cause the muffins to be dense, not fluffy. The batter should not be smooth, but rather lumpy.
- ☐ Put into muffin cups and bake: Divide the batter evenly among the muffin cups.
- ☐ Bake at 400°F (200°C) until a toothpick inserted into the middle of 1 or 2 of the muffins comes out clean, 17–20 minutes (or longer).

- ☐
- Let cool for 2 to 3 minutes before removing from the pan. If not serving hot, let cool on a rack.
- ☐
- Serve as soon as possible, preferably within a few hours of baking.

Nutrition Facts



Properties

Glycemic Index:19.73, Glycemic Load:17.88, Inflammation Score:-3, Nutrition Score:4.7295652057814%

Flavonoids

Cyanidin: 11.99mg, Cyanidin: 11.99mg, Cyanidin: 11.99mg, Cyanidin: 11.99mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 192.38kcal (9.62%), Fat: 8.4g (12.92%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 25.54g (9.29%), Sugar: 12.22g (13.58%), Cholesterol: 41.79mg (13.93%), Sodium: 218.8mg (9.51%), Alcohol: 0.08g (100%), Alcohol %: 0.14% (100%), Protein: 3.08g (6.16%), Selenium: 8.39µg (11.99%), Manganese: 0.21mg (10.63%), Vitamin B1: 0.15mg (9.82%), Folate: 39.1µg (9.78%), Vitamin B2: 0.14mg (8.39%), Calcium: 63.89mg (6.39%), Iron: 1.09mg (6.06%), Phosphorus: 58.98mg (5.9%), Vitamin A: 293.42IU (5.87%), Vitamin B3: 1.15mg (5.74%), Fiber: 1.15g (4.59%), Vitamin C: 2.64mg (3.2%), Vitamin K: 3.1µg (2.95%), Vitamin E: 0.41mg (2.7%), Copper: 0.05mg (2.65%), Vitamin B5: 0.25mg (2.47%), Magnesium: 8.65mg (2.16%), Zinc: 0.31mg (2.07%), Potassium: 64.93mg (1.86%), Vitamin B12: 0.09µg (1.47%), Vitamin B6: 0.03mg (1.33%)