



Blackberry-Orange Muffins

READY IN



55 min.

SERVINGS



12

CALORIES



346 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 12 ounces blackberries
- 2 large eggs
- 1.8 cups flour all-purpose
- 1 cup granulated sugar
- 1 cup cup heavy whipping cream
- 1 teaspoon orange zest packed finely grated (from 1 medium orange)
- 12 you will also need: parchment paper
- 0.5 teaspoon salt fine

- 8 tablespoons butter unsalted melted (1 stick)
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin tray

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Line a 12-well muffin pan with paper liners and set it aside.
- Place 1/4 cup of the sugar and half of the orange zest in a small bowl and use your fingers to combine; set aside.
- Whisk the remaining zest, flour, baking powder, and salt together in a large bowl to break up any lumps; set aside.
- Place the melted butter, cream, remaining 3/4 cup of sugar, eggs, and vanilla in a large bowl and whisk until evenly combined.
- Add the butter-sugar mixture to the flour mixture and stir until just evenly mixed, about 30 strokes. (A few lumps will remain, but don't overmix—the batter will be thick but the ingredients should be evenly incorporated.)
- Add the blackberries and stir until just evenly incorporated. Divide the batter among the muffin wells (the wells will be very full). Evenly sprinkle all of the orange-sugar mixture over the muffins.
- Bake until a toothpick inserted in the center comes out clean and the sugar is golden brown in spots, about 22 to 25 minutes.
- Let the muffins cool in the pan on a wire rack for 10 minutes.
- Remove from the pan and serve warm or at room temperature.

Nutrition Facts

PROTEIN 6.68% FAT 41.69% CARBS 51.63%

Properties

Glycemic Index:21.84, Glycemic Load:22.13, Inflammation Score:-6, Nutrition Score:8.6278261723726%

Flavonoids

Cyanidin: 28.34mg, Cyanidin: 28.34mg, Cyanidin: 28.34mg, Cyanidin: 28.34mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.51mg, Catechin: 10.51mg, Catechin: 10.51mg, Catechin: 10.51mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 345.66kcal (17.28%), Fat: 16.18g (24.89%), Saturated Fat: 9.7g (60.62%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 42.73g (15.54%), Sugar: 18.72g (20.8%), Cholesterol: 75.19mg (25.06%), Sodium: 277.64mg (12.07%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 5.83g (11.67%), Manganese: 0.43mg (21.67%), Selenium: 15µg (21.43%), Vitamin B1: 0.26mg (17.03%), Folate: 61.83µg (15.46%), Vitamin B2: 0.25mg (14.79%), Vitamin A: 633.82IU (12.68%), Vitamin B3: 2.32mg (11.58%), Iron: 1.89mg (10.52%), Fiber: 2.36g (9.42%), Phosphorus: 82.57mg (8.26%), Vitamin C: 6.3mg (7.64%), Calcium: 69.79mg (6.98%), Vitamin K: 6.98µg (6.65%), Copper: 0.11mg (5.62%), Vitamin E: 0.83mg (5.53%), Vitamin D: 0.62µg (4.16%), Magnesium: 16.27mg (4.07%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.35mg (3.52%), Potassium: 114.89mg (3.28%), Vitamin B6: 0.04mg (2.2%), Vitamin B12: 0.13µg (2.09%)