



Blueberriest Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2.5 cups blueberries fresh (see Note)
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 juice of lemon grated
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 8 tablespoons butter unsalted melted (1 stick)

Equipment

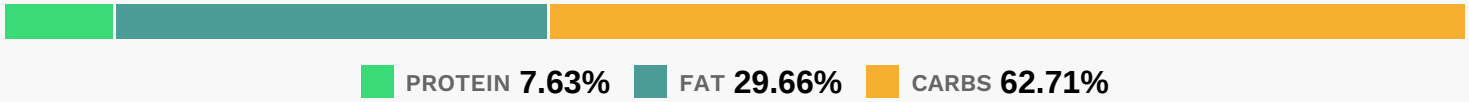
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ ice cream scoop
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375 degrees.
- ☐ Line 12 large muffin cups with paper liners and spray the top part of the pan lightly with vegetable oil spray.
- ☐ Combine or sift together the flour, sugar, baking powder, salt, and cinnamon in a large bowl.
- ☐ Whisk together the butter, eggs, milk, lemon zest, and lemon juice in a separate bowl until well combined.
- ☐ Place 1 cup of the blueberries in the bowl of a food processor fitted with the metal blade and pulse several times until coarsely chopped. Stir the chopped berries into the egg mixture.
- ☐ Add the egg mixture to the flour mixture and stir just until the dry ingredients are moist and blended. Do not over mix. Fold in the remaining whole blueberries.
- ☐ Scoop the batter into the prepared muffin pan with a large ice cream scoop (1/3-cup scoop). The batter will come to the top of the paper liner or pan.
- ☐ Bake 25 to 30 minutes, until lightly golden brown and a toothpick inserted in the center of a muffin comes out clean.

- ☐ Remove from the oven and cool for 5 minutes. Turn the muffins out of the pan and serve immediately
- ☐ If using frozen blueberries, use them while they are still frozen; it helps hold the shape of the muffin (otherwise, the batter will become too watery).
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:30.82, Inflammation Score:-4, Nutrition Score:7.9243478567704%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Petunidin: 9.72mg, Petunidin: 9.72mg, Petunidin: 9.72mg, Petunidin: 9.72mg Delphinidin: 10.92mg, Delphinidin: 10.92mg, Delphinidin: 10.92mg, Delphinidin: 10.92mg Malvidin: 20.84mg, Malvidin: 20.84mg, Malvidin: 20.84mg, Malvidin: 20.84mg Peonidin: 6.26mg, Peonidin: 6.26mg, Peonidin: 6.26mg, Peonidin: 6.26mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 290.75kcal (14.54%), Fat: 9.72g (14.95%), Saturated Fat: 5.53g (34.55%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 44.54g (16.19%), Sugar: 20.64g (22.93%), Cholesterol: 68.4mg (22.8%), Sodium: 193.27mg (8.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Selenium: 14.95µg (21.36%), Vitamin B1: 0.27mg (18.09%), Manganese: 0.35mg (17.58%), Folate: 65.7µg (16.43%), Vitamin B2: 0.25mg (14.82%), Iron: 1.86mg (10.31%), Vitamin B3: 2.01mg (10.04%), Phosphorus: 94.76mg (9.48%), Calcium: 75.75mg (7.58%), Vitamin A: 342.74IU (6.85%), Fiber: 1.68g (6.72%), Vitamin K: 6.83µg (6.51%), Vitamin C: 3.96mg (4.81%), Vitamin B5: 0.44mg (4.38%), Copper: 0.08mg (3.77%), Vitamin D: 0.56µg (3.72%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.21µg (3.49%), Zinc: 0.51mg (3.38%), Magnesium: 12.67mg (3.17%), Vitamin B6: 0.06mg (3.1%), Potassium: 103.32mg (2.95%)