



Blueberry-Almond Streusel Muffins

READY IN



45 min.

SERVINGS



18

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 cup almonds finely chopped
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups blueberries
- ☐ 1 tablespoon brown sugar
- ☐ 3 large egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.8 cup milk 2% low-fat
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 0.3 cup ricotta cheese light
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 2 tablespoons vegetable oil

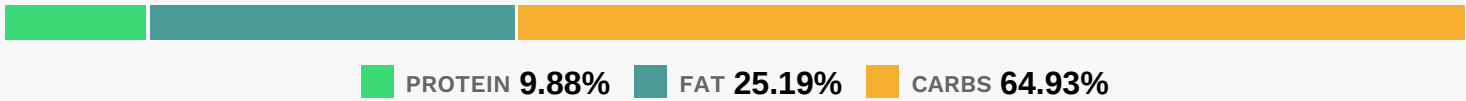
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine milk and next 6 ingredients (milk through egg whites); stir well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Gently stir in blueberries. Spoon batter into 18 muffin cups coated with cooking spray.
- ☐ Combine 1/4 cup flour and remaining ingredients; sprinkle evenly over batter.
- ☐ Bake at 400 for 18 minutes or until done.
- ☐ Remove from pans immediately; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:21.62, Glycemic Load:19.07, Inflammation Score:-3, Nutrition Score:5.6452173616575%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Petunidin: 3.46mg, Petunidin: 3.46mg, Petunidin: 3.46mg, Petunidin: 3.46mg Delphinidin: 3.88mg, Delphinidin: 3.88mg, Delphinidin: 3.88mg, Delphinidin: 3.88mg Malvidin: 7.41mg, Malvidin: 7.41mg, Malvidin: 7.41mg, Malvidin: 7.41mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 184.16kcal (9.21%), Fat: 5.18g (7.98%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 28.79g (10.47%), Sugar: 14.03g (15.59%), Cholesterol: 3.1mg (1.03%), Sodium: 231.41mg (10.06%), Alcohol: 0.32g (100%), Alcohol %: 0.54% (100%), Protein: 4.57g (9.15%), Manganese: 0.26mg (13.12%), Selenium: 8.83µg (12.61%), Vitamin B2: 0.2mg (12.03%), Vitamin B1: 0.17mg (11.4%), Folate: 38.67µg (9.67%), Calcium: 84.45mg (8.45%), Vitamin E: 1.25mg (8.34%), Phosphorus: 80.07mg (8.01%), Vitamin B3: 1.35mg (6.74%), Iron: 1.18mg (6.53%), Fiber: 1.28g (5.11%), Vitamin K: 5.02µg (4.78%), Magnesium: 18.99mg (4.75%), Copper: 0.08mg (3.98%), Potassium: 100.48mg (2.87%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.1µg (1.6%), Vitamin A: 78.19IU (1.56%), Vitamin B6: 0.03mg (1.53%), Vitamin C: 1.13mg (1.37%)