



Blueberry Coffee Cake Muffins

 Vegetarian

READY IN



37 min.

SERVINGS



16

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 half-pints blueberries fresh for stems
- ☐ 3 extra large eggs at room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup milk
- ☐ 1 cup cup heavy whipping cream sour

- ☐ 1.5 cups sugar
- ☐ 12 tablespoons butter unsalted at room temperature
- ☐ 1.5 teaspoons vanilla extract pure

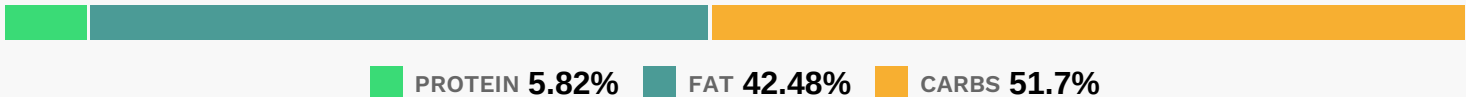
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place 16 paper liners in muffin pans.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and sugar until light and fluffy, about 5 minutes. With the mixer on low speed, add the eggs 1 at a time, then add the vanilla, sour cream, and milk. In a separate bowl, sift together the flour, baking powder, baking soda, and salt. With the mixer on low speed add the flour mixture to the batter and beat until just mixed. Fold in the blueberries with a spatula and be sure the batter is completely mixed.
- ☐ Scoop the batter into the prepared muffin pans, filling each cup just over the top, and bake for 25 to 30 minutes, until the muffins are lightly browned on top and a cake tester comes out clean.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:24.07, Inflammation Score:-3, Nutrition Score:4.9030434852061%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 265.77kcal (13.29%), Fat: 12.68g (19.5%), Saturated Fat: 7.28g (45.47%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 34.18g (12.43%), Sugar: 19.55g (21.72%), Cholesterol: 70.57mg (23.52%), Sodium: 182.45mg (7.93%), Alcohol: 0.13g (100%), Alcohol %: 0.21% (100%), Protein: 3.91g (7.81%), Selenium: 10.67µg (15.24%), Vitamin B1: 0.16mg (10.88%), Vitamin B2: 0.18mg (10.67%), Folate: 41.86µg (10.47%), Vitamin A: 414.92IU (8.3%), Manganese: 0.14mg (7.03%), Phosphorus: 70.18mg (7.02%), Iron: 1.17mg (6.49%), Calcium: 60.2mg (6.02%), Vitamin B3: 1.19mg (5.93%), Vitamin B5: 0.32mg (3.21%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.41µg (2.73%), Vitamin B12: 0.16µg (2.7%), Zinc: 0.35mg (2.32%), Fiber: 0.53g (2.13%), Copper: 0.04mg (2.09%), Magnesium: 7.85mg (1.96%), Potassium: 62.77mg (1.79%), Vitamin B6: 0.04mg (1.76%), Vitamin K: 1.08µg (1.03%)