



Blueberry Corn Muffins with Protein Powder

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup blueberries fresh
- ☐ 1.5 tablespoons butter melted
- ☐ 0.8 cup buttermilk room temperature
- ☐ 0.5 cup cornmeal fine
- ☐ 1 eggs room temperature
- ☐ 0.5 cup flour all-purpose
- ☐ 6 servings lemon zest

- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar (I used equivalent sugar substitute)
- ☐ 3 tablespoons vanilla crème powder pure protein®

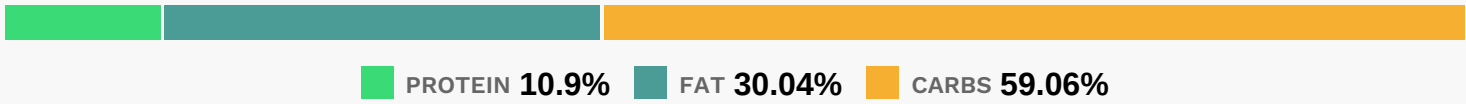
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 6 muffin cups with flour-added spray.
- ☐ Combine the dry ingredients in a large bowl and stir well.In a separate bowl, whisk together the egg, melted butter and buttermilk. Stir in the lemon zest.
- ☐ Add the berries to the dry ingredients and mix until they are coated with flour (I didn't do this, I just dumped the berries in last).
- ☐ Pour in the buttermilk mixture and fold the wet and dry ingredients together until just blended. Fill each muffin cup with about ½ cup batter or just divide batter evenly among the cups – my batter came to the top of the cups. Also, I had a little bit of extra batter.
- ☐ Bake 18 to 20 minutes until golden brown and firm to the touch. Cool for 10 minutes and remove muffins from the tin.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:14.02, Inflammation Score:-3, Nutrition Score:5.9882608289304%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg,

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Nutrients (% of daily need)

Calories: 162.53kcal (8.13%), Fat: 5.49g (8.45%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 22.15g (8.05%), Sugar: 5.4g (6%), Cholesterol: 38.1mg (12.7%), Sodium: 278.58mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Manganese: 0.24mg (12.12%), Selenium: 7.75µg (11.07%), Phosphorus: 99.51mg (9.95%), Vitamin B1: 0.15mg (9.87%), Vitamin B2: 0.16mg (9.43%), Fiber: 2.14g (8.57%), Calcium: 82.79mg (8.28%), Folate: 30.13µg (7.53%), Iron: 1.16mg (6.46%), Vitamin B6: 0.12mg (5.97%), Magnesium: 22.11mg (5.53%), Vitamin B3: 1.08mg (5.4%), Vitamin K: 5.18µg (4.93%), Zinc: 0.74mg (4.9%), Vitamin B5: 0.39mg (3.86%), Vitamin A: 189.99IU (3.8%), Copper: 0.07mg (3.71%), Vitamin D: 0.54µg (3.58%), Potassium: 124.8mg (3.57%), Vitamin B12: 0.21µg (3.49%), Vitamin C: 2.65mg (3.21%), Vitamin E: 0.38mg (2.5%)