



## Blueberry Corn Muffins with Vanilla Butter

READY IN



25 min.

SERVINGS



24

CALORIES



137 kcal

BREAD

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 stick butter softened
- ☐ 1 cup buttermilk
- ☐ 8 ounces blueberries dried
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening melted

- ☐ 2 tablespoons sugar
- ☐ 1 vanilla pod whole
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 eggs whole
- ☐ 1 cup cornmeal yellow

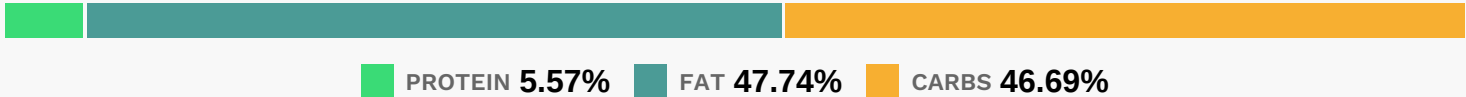
## Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ ramekin
- ☐ muffin tray

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat theoven to 400 degreesF.
- ☐ Combine thecornmeal, flour, baking powder andsaltin a mixing bowl. In a separate bowl, combine thebuttermilk, milk, baking soda,egg and vanilla. Slowly incorporate the buttermilk mixture into the dry ingredients and stir to combine.
- ☐ Addthemelted shortening, stirring constantly. Stir in thedried blueberries (you can use a little more or a little fewer if you'd like).
- ☐ Pour into a greased mini-muffin pan, trying to make sure theblueberries stay evenly distributed.
- ☐ Bake until golden brown,10 minutes or so.
- ☐ Combinethe softened butter, sugar andthe caviar from the vanilla bean. Stir until totally combined, andthen spread into a ramekin and serve with the warm muffins. (Butter can be made ahead of time and stored in the fridge.)

## Nutrition Facts



## Properties

Glycemic Index:17.69, Glycemic Load:5.39, Inflammation Score:-1, Nutrition Score:2.6278260894444%

Nutrients (% of daily need)

Calories: 137.35kcal (6.87%), Fat: 7.31g (11.24%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.2g (5.16%), Sugar: 6.82g (7.58%), Cholesterol: 18.65mg (6.22%), Sodium: 220.79mg (9.6%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.92g (3.83%), Fiber: 1.88g (7.5%), Calcium: 54.9mg (5.49%), Phosphorus: 47.07mg (4.71%), Potassium: 120.04mg (3.43%), Selenium: 2.36µg (3.38%), Vitamin B1: 0.05mg (3.28%), Iron: 0.58mg (3.24%), Vitamin B2: 0.05mg (3.15%), Manganese: 0.06mg (3.09%), Vitamin A: 152.3IU (3.05%), Vitamin B6: 0.05mg (2.51%), Magnesium: 9.73mg (2.43%), Folate: 8.52µg (2.13%), Zinc: 0.31mg (2.07%), Vitamin E: 0.29mg (1.97%), Vitamin B3: 0.34mg (1.68%), Vitamin B12: 0.1µg (1.63%), Vitamin B5: 0.16mg (1.56%), Vitamin D: 0.22µg (1.48%), Vitamin K: 1.54µg (1.46%), Copper: 0.02mg (1.2%)