



Blueberry Cream Cheese Danish Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 12 servings blueberries fresh frozen (amount will vary)
- ☐ 2 tablespoons butter chopped
- ☐ 4 ounces cream cheese softened
- ☐ 2 large eggs room temperature
- ☐ 2 tablespoons flour all-purpose
- ☐ 5 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon lemon zest
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 375°F. Grease 12 muffin cups or line with paper liners. In a small mixing bowl, mix together the cream cheese, sugar and lemon juice; set aside. Stir the flour, baking powder and salt together in a medium size bowl and set aside. In a mixing bowl, beat the butter and sugar until light and creamy. Beat eggs, one by one, until batter is light and fluffy. Stir in the vanilla and lemon zest.
- ☐ Add the flour mixture alternately with the milk and stir by hand until mixed. Do not over-beat. Put a generously heaping tablespoon of batter in each muffin cup. Press a few frozen berries in the batter, then put a spoonful of cream cheese filling over the batter, using all the cream cheese filling and dividing evenly. Press another couple of berries into the cheese. Top with remaining muffin batter, dividing evenly among the cups. In the same bowl you used for the muffin batter (or flour mixture), mix 2 tablespoons flour, 5 tablespoons sugar and 1/2 teaspoon cinnamon.
- ☐ Add 2 chopped up butter and mix with a fork until crumbly.
- ☐ Sprinkle over tops of muffins.
- ☐ Bake the muffins for 28 to 30 minutes or until set and golden brown all over top.
- ☐ Let cool for 10 minutes in the pan, then carefully remove from pan and let cool completely.

Nutrition Facts



Properties

Glycemic Index:33.09, Glycemic Load:11.79, Inflammation Score:-6, Nutrition Score:7.5486956938453%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 178.09kcal (8.9%), Fat: 6.78g (10.43%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 25.15g (9.14%), Sugar: 20.7g (23%), Cholesterol: 46.78mg (15.59%), Sodium: 211.89mg (9.21%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 3.22g (6.43%), Vitamin K: 29.01µg (27.63%), Manganese: 0.53mg (26.29%), Vitamin C: 14.74mg (17.86%), Fiber: 3.64g (14.55%), Vitamin B2: 0.14mg (8.42%), Vitamin E: 1.08mg (7.17%), Phosphorus: 67.66mg (6.77%), Calcium: 66.45mg (6.65%), Vitamin A: 326.93IU (6.54%), Selenium: 4.19µg (5.99%), Vitamin B6: 0.1mg (5.2%), Vitamin B1: 0.08mg (5.08%), Copper: 0.1mg (4.76%), Potassium: 157.33mg (4.5%), Vitamin B5: 0.41mg (4.13%), Folate: 16.18µg (4.05%), Iron: 0.7mg (3.87%), Vitamin B3: 0.72mg (3.62%), Magnesium: 12.58mg (3.14%), Zinc: 0.45mg (2.98%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.28µg (1.86%)