



Blueberry Cream Cheese Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 1 cup blueberries
- ☐ 1.3 cups buttermilk
- ☐ 8 ounce cream cheese softened
- ☐ 1 eggs
- ☐ 0.5 cup honey
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon salt

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 tablespoons unbleached flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white
- ☐ 1.5 cups flour whole wheat

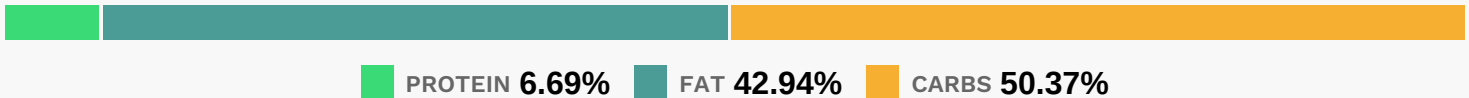
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease and flour a muffin pan, or use paper liners.
- ☐ In a large bowl, combine 1 cup unbleached flour with buttermilk; let stand 5 minutes.
- ☐ Mix in 1 cup sugar, honey, oil and egg.
- ☐ Combine whole wheat flour, baking soda and salt in small bowl. Stir into white flour mixture just until moistened. Gently fold in the blueberries. Fill muffin cups with one tablespoon muffin batter, and one tablespoon filling. Top with one more tablespoon muffin batter.
- ☐ To make the filling: In a medium bowl, combine cream cheese, 1/2 cup sugar, 1 1/2 tablespoon flour, egg, sour cream and vanilla. Blend until smooth.
- ☐ Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:24.61, Glycemic Load:13.66, Inflammation Score:-4, Nutrition Score:7.0843477819277%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 273.59kcal (13.68%), Fat: 13.56g (20.86%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 33.84g (12.3%), Sugar: 23.36g (25.95%), Cholesterol: 38.31mg (12.77%), Sodium: 560.89mg (24.39%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 4.76g (9.51%), Manganese: 0.68mg (33.77%), Selenium: 13.62µg (19.46%), Phosphorus: 109mg (10.9%), Vitamin B2: 0.15mg (9%), Fiber: 1.95g (7.82%), Vitamin E: 1.06mg (7.08%), Vitamin B1: 0.11mg (7.05%), Vitamin A: 352.73IU (7.05%), Magnesium: 26.94mg (6.74%), Calcium: 61.09mg (6.11%), Vitamin K: 5.93µg (5.65%), Vitamin B6: 0.1mg (4.96%), Zinc: 0.7mg (4.68%), Vitamin B3: 0.92mg (4.58%), Iron: 0.8mg (4.47%), Copper: 0.09mg (4.45%), Potassium: 142.79mg (4.08%), Vitamin B5: 0.39mg (3.95%), Folate: 14.3µg (3.57%), Vitamin B12: 0.2µg (3.32%), Vitamin D: 0.4µg (2.66%), Vitamin C: 1.31mg (1.59%)