



Blueberry Crumb Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 1.5 cups blueberries
- 0.3 cup brown sugar
- 0.3 cup butter softened
- 2 eggs
- 0.3 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup milk

- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 0.3 cup sugar white

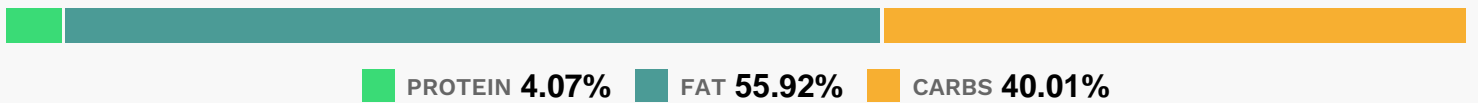
Equipment

- bowl
- oven
- skewers
- muffin tray

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease or line muffin pan.
- In a large bowl, mix together the flour, white and brown sugars, salt, and baking powder. Stir in oil, eggs, and milk until well blended and very few lumps remain. Gently fold in blueberries being careful not to mash them. Fill muffin tins 2/3 full, or slightly more for a larger muffin top.
- For the crumb topping, mix together the flour, softened butter, cinnamon, and brown sugar.
- Place a small amount on top of each muffin.
- Bake muffins in the preheated oven for 20 to 30 minutes, or until a wooden skewer pierced in the center comes out clean and dry.

Nutrition Facts



Properties

Glycemic Index:30.84, Glycemic Load:7.09, Inflammation Score:-2, Nutrition Score:3.4547826310863%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 172.67kcal (8.63%), Fat: 11.03g (16.97%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 17.13g (6.23%), Sugar: 13.85g (15.39%), Cholesterol: 38.67mg (12.89%), Sodium: 231.95mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Vitamin K: 15.15µg (14.43%), Calcium: 75.2mg (7.52%), Manganese: 0.12mg (6.09%), Selenium: 3.8µg (5.43%), Vitamin E: 0.8mg (5.32%), Phosphorus: 50.5mg (5.05%), Vitamin B2: 0.08mg (4.41%), Vitamin A: 184.73IU (3.69%), Vitamin B1: 0.04mg (2.87%), Folate: 11.12µg (2.78%), Iron: 0.5mg (2.76%), Fiber: 0.63g (2.51%), Vitamin C: 1.8mg (2.18%), Vitamin B12: 0.13µg (2.14%), Vitamin B5: 0.2mg (2.02%), Vitamin D: 0.26µg (1.72%), Vitamin B6: 0.03mg (1.64%), Vitamin B3: 0.31mg (1.55%), Potassium: 53.61mg (1.53%), Zinc: 0.2mg (1.33%), Copper: 0.02mg (1.25%), Magnesium: 4.95mg (1.24%)